

Cathy Teoste, MA

One-on-One Coaching

**Beach Wisdom Transformational Life Coaching*

**Creative Life Vision*

"Sailing through Life Transitions

Programs

**FootSteps in the Sand*

**Dance Beyond the Breakers*

**Writing with the Waves*

******Step into Yourself - Step into Your Life***

Signature Intensive Program

Contact Us

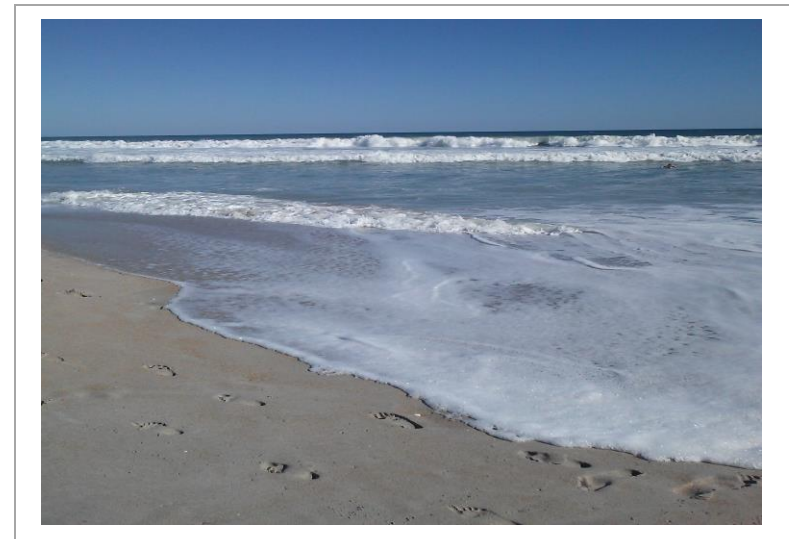
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Cathy Teoste, MA
Beach Wisdom
Transformational
Life Coaching



Step into Yourself-Step into Your Life

Live Your Life in Alignment with Your Authentic Self

Signature Intensive Program

Step into Yourself *Step into Your Life*

A Year Long Journey into Being and Living Authentically and Fully

You will:

- Cultivate a loving relationship with yourself; mind, body and spirit
- Gain a deeper knowledge of yourself, who you have been, who you are and who you are becoming
- Create a lifestyle that embodies your true essence, deepest loves, desires, dreams and values in every detail

Signature Intensive *Step into Yourself Step into Your Life* Program includes:

- Twelve individual in-depth 90-minute coaching sessions either in person, Skype, or telephone.
- Six 45-minute coaching sessions spaced as needed
- Unlimited e-mail support
- E-mail assignments each month
- A manual with activities, suggestions, and exercises
- A Free copy of Cathy's book *Dancing on the Beach*

For more details Email: cathyt@cathyteoste.com

Or Website: www.cathyteoste.com

Overview of Programs

FootSteps in the Sand

Walking you will become centered in the present moment and within yourself. Through the wisdom of the beach you will gain a deeper knowledge of yourself and become open to all the possibilities that exist within you. Learn to imprint a way of being in the world that is in alignment with your authentic self. 90 minutes-\$120

Dance Beyond the Breakers

Combining contemplation with action -you will learn to hear your inner voice, shed your inhibitions, and move to the rhythm of the waves. Pushing yourself beyond your limited beliefs you will gain a new perspective of yourself. Cultivate authentic self-expression that allows you to hear and dance to your own inner tune and have the confidence to dance beyond the breakers! 2 hour-\$180

Writing with the Waves

Using the ocean as metaphor to understand your story of where you have been, where you are, what lies deep within you, and all the possibilities of who you can be. You will become content and at peace with who you have been, who you are and who you are becoming. 90 minutes-\$75

About Cathy

I am now living my life in alignment with my authentic self. Once I started showing up in the world in a way that is genuine and authentic my life has changed in the most amazing ways possible

My passion is to help you navigate your journey into becoming your authentic self, expressing yourself fully each day in every choice and decisions you make. Thus changing your life in the most wonderful amazing ways beyond your current imagination!

As your coach I will hold the safe place you need to navigate your journey, to dig deep into your being for your truest self full of potential. I will guide you to envision all the possibilities of who you can be, through your passage of transformation creating the life changes that will lead you into the life you aspire to living.

Cathy's Degrees, Certifications and Certificates

MA Holistic Health and Wellness - Lesley University

BA Holistic Studies - Lesley University

Clinical Training in Mind/Body Medicine - Harvard Medical School

Spirituality and Healing - Harvard Medical School

Inter-faith Ordained Minister

Reiki Practitioner

*One-on-One Life Coaching

Beach Wisdom Transformational Life Coaching

Empowering you to make the changes you want to make in your life and to be all you imagine yourself to be. The wisdom of the beach will guide you into your own inner wisdom. I will guide and support you through the rising waves to open to the possibilities, to deepen and expand your understanding and vision, and as you shift and change and transform while creating the life you aspire to. *1 hour-\$100/90 minutes-\$130*

Creative Life Vision

Using various exercises you will develop a written and visual life plan that is aligned with your core values, your deepest desires, loves, and aspirations for yourself. This Creative Life Vision will guide you to be and do all you imagine for yourself. It will be easily changeable and adaptable as you grow and accomplish and open to new dreams throughout your life. *1 hour with 3 mini 30 minutes sessions \$175*

Sailing through Life Transitions

Shifting your sails to develop strategies to move through life transitions you are going through or a transition you desire to make in your life. You will learn to embrace change and break new ground while designing a new life journey and vision plan for yourself and your life. *90 minutes-\$130*

Are you living your life doing what you think you should do or what is expected of you? Do all the roles in your life define you? Are you - your authentic self- missing from your life?

When you show up in the world in a way that is genuine and true to who you really are

Your world will shift and change in the most amazing ways.

Isn't Now the Time to:

- To know who you really are - who you are desiring to become
- To reinstate yourself as the center of your own life
- To express your true essence everyday being fully present in your life
- Create a lifestyle that reflects your authentic self, deepest loves, desires, dreams and values in every detail

Live Your Life in Alignment with Your Authentic Self

Live in Joy - Live your Dreams

Contact Information

Please understand that I am not always available to answer your call.

When I am with a client or conducting a workshop I do not have my phone on and/or with me.

It is vitally important to me to give my clients my undivided present attention at all times.

If you work with me you will receive that same personal undivided attention that you deserve.

When you call please leave me your name, number and which program or service you are interested in. I do recommend texting me or e-mailing me your information as I will see it as soon as I get back to my phone even before I am able to call my voicemail to get my messages.

Whether you call, text or e-mail I will respond as soon as I am free. This may often be either in the evening or in the early morning.

Thank you for your understanding.

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cathyt@cathyteoste.com

910-554-9432