**Topics used by Kathy Burrus, Green Hope Coaching**

**Empowering Women**

• What's your story telling you? Helping people learn from their past story to plan for their future.

• What to do when your highway to your future is jammed? How to be sure all the lanes of your life are going the same direction?

* Refresh and Renew: Embrace the refreshing beauty of your own journey and be renewed by the difference you can make in your world.

● Uniquely U: Rediscovering Your Design and Influence

● Living Open Handed in a White Knuckle World: conquering fear

**Empowering marriages**

• Remembering your love story: intimacy: spiritually, emotionally & physically

• How a marriage survives loss? Family survives loss?

 **Empowering Moms**

* Be the Mom You were Made to Be

**Empowering Pastor's wives**

• The neck that turns the head: How are you using your "power"?

• I always wanted to be a pastor's wife- then my husband quit being a pastor.

**Empowering young people**

• The lessons I learned from my 15 year old - before she died.

• Help! I'm not eating.

**Empowering people in loss**

• I feel like I'm going crazy!

• Living with Chronic illness!

● Green Grief: Seeing Green Hope in a Brown World