

# Topics used by Kathy Burrus, Green Hope Coaching

## **Empowering Women**

- Be Inspired: Using Your Voice, Your Message, Your Influence
- 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

### **Empowering Marriages**

- Celebrate Your Dance: 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

- My Grief Makes Me Crazy!
- Green Grief: Seeing Green Hope in a Brown World
- Living Open Handed in a White Knuckle World: conquering fear