



Los Angeles Saturday, September 15, 2012

The **Amazing Woman Go Global** event is designed to connect a community of powerful, inspired and inspiring women that are vibrantly committed to answering the call of their true passion and purpose, and to support other women to do the same.

Preparing for this speech gave me the opportunity to think about some of the **Amazing Women** who helped me to answer the true calling and deep passion of my life.

I've always known I was meant to be a teacher.

Seriously. I knew this without a doubt since I was a small child. I just never really knew how this was to be played out. However, it actually began in the third grade.

Amazing Woman #1 – Mrs. Heidt

My third grade teacher, Mrs. Mildred Heidt, was cool. I remember her in her Donna Reed dresses and spiked heels. Yes, she wore spiked heels to school every day. That feat alone allured me.

Mrs. Heidt was a goddess, but not because of her spiked heels. Mrs. Heidt was an empowerment goddess. Let me explain.

One day we were given a book report assignment, that for some reason I can't remember, I didn't do. However, when called to the front of the room to give my oral book report, I decided to get up and wing it. Well, it didn't take long before it was obvious to everyone that I had not read the book.

What did Mrs. Heidt do? She didn't humiliate me or punish me...she let me finish. And later she came over, put her arms around me, and said, "Kathy, would you like a chance to do that over again? I know you can do it. I believe in you."

From that moment on, I knew what I wanted to do. Oh, I didn't have the words, empowerment goddess. All I knew was that I wanted to be a teacher just like Mrs. Heidt.

By the way, Mrs. Heidt did this for every child. When she died, there was an entire page of thank you notes in the local newspaper from students she had taught. Mine was included.

Amazing Woman #2 – Miss Triplett

Miss Triplett was my high school psychology teacher.

I was a painfully sensitive and insecure young girl. Miss Triplett knew this, and used her role as my psychology teacher to reach out to me, to encourage me, and to show me who I really was and who I could be. She taught me about human potential.

Little did Miss Jeannie Triplett know that she changed the life of this insecure and anxious 16-year-old girl, setting me off on the journey of my life. Years later, I wonder, does she even know what an Amazing Woman she is?

Because of Mrs. Heidt and Miss Triplett, the die was cast. I was going to be a teacher. I went off to college to achieve a double major in education and psychology, even earning a Master's degree in psychology. Ultimately I taught psychology in high school just like Miss Triplett. And I loved it and all of my students. To this day, 30 years later, I still have relationships with some of them.

I was the best psychology teacher ever because I never gave anyone a failing grade. I truly believed my job was to teach everyone to love the study of being human. We had fun. My classes were safe places for students to question and explore – a place where everyone was validated. I tried my best to be their empowerment goddess.

But, the bureaucracy of public education didn't agree with my philosophy. They didn't think I quite fit. And I knew, deep down inside, that this was not quite the teaching I was meant to be doing.

Amazing Woman #3 – Dr. Sally Hare

One afternoon while teaching a class, I heard a voice say, call Sally Hare. (I think this is my first memory of clearly hearing inner guidance on my path to my true work.)

I did not know Sally, I had only known of her in her role as Dean of Continuing Education at our local college. I had never even met her. However, the voice was clear. “*Call her.*” So I did; I actually drove to meet her in office that same afternoon.

When I finally left her office that afternoon, she had helped me apply in a Counselor PhD program, accompanied by her extremely influential personal recommendation. That same day, she also secured a part-time position, working in the counseling center. The beauty of this gift is that it allowed me to have a significantly reduced tuition rate, and ultimately, I achieved my doctorate degree with no student loans.

Throughout my doctoral program, Sally continued (and still does to this day) to encourage and support me on my journey. If you want to know what an empowerment goddess looks like – see Sally Hare. And the wonderful thing is, Sally does this for every woman she meets. Amazing.

When I completed my program, I got a position at the college. I thought I had finally arrived. I had a dual teaching position in both the Education and the Psychology departments. My dream had come true.

But, as you can probably see coming, this was not quite it either.

I knew it the day my dean told me that I wasn’t to be bothered with the personal development of our students. He explained that we were just there to teach the curriculum.

The day I resigned he asked me “Just what do you think you’re going to do? This the best position around. You can’t find anything better.”

I quit anyway.

Amazing Woman # 4 – Christine Thomas

I left public education and forged ahead to open a private psychotherapy practice. I thought, well, if I can’t teach, I can at least still help people.

Christine walked in off the street looking for office space to share. She was 20 years older than me and an ex-nun. And like a lot of nuns, she didn't tolerate nonsense. She had a way of holding you accountable.

As I was developing my private practice and being tugged and pulled by all of the external advise-givers who were telling me how I could and should build my practice, Christine was constantly telling me...*"Build it the way you want to do it. Listen to your own voice. This is your life. Stand up for it."*

So during the time when every mental health practitioner was taking insurance, I opted out. When all of my colleagues were taking any clients they could get, I chose to take the ones who wanted to grow. I didn't take the cases from the court system or with serious diagnoses. I chose clients who were psychologically intact yet simply wanted to improve their lives. I was looking for clients that needed an empowerment goddess. (At that time, the job of personal life coach had yet to be designed.)

And lo and behold, I eventually had a hugely successful practice. Yet I still kept hearing the still small voice that said, "You are a teacher. You are meant to be teaching".

So I started designing workshops for therapists but I had too many clients and too many responsibilities, and just couldn't get the teaching component off the ground. After all, my clients were paying the bills and as a single mother, that was crucial.

Amazing Man – Michael Murphy

The next Amazing Person in my life was actually a man. My man. Michael entered my life. After having been single for ten years, I hadn't really considered remarrying. But when Michael asked me to leave my very successful practice and move south with him, I said yes with no hesitation, even surprising myself. It took me a year but I closed my practice and moved onto an island at the end of a dirt road.

For the first time in my life, I was completely free. I had a clean slate. I could now do whatever I wanted to do now, and after all the experiences I could see more clearly what I really wanted.

I took a life coaching training program and began designing my own life design process. This was actually very easy to do because I was in the midst of it myself. I was right in the middle of having to figure out who I really was, and what I really wanted and what to do next.

Then I started holding women's circles in my home. I taught classes on how to hear your inner voice and live the life of your dreams. Finally, I was home.

My original women's circles were called PeaceSeekers. Every group I opened filled up. I knew again I was on to something.

Then the women started asking for more experiences so I designed my first Women's Weekend Retreat.

Amazing Woman # 5 – Elizabeth Millen

Elizabeth is the founder and publisher of Pink Magazine – a monthly magazine that celebrates women. Even though I didn't know her, I called her and asked her to lunch. She accepted and I explained my vision to her. From this lunch, she began a full-out campaign to support me. She allowed me to write an *Ask Dr. Kathy* monthly column. She ran free full-page color ads for my classes and retreats just because she believed in me. She told everyone she knew (of which there are thousands) and my very first retreat filled beyond capacity. We had 45 women. I attribute this to Elizabeth. She even came to the retreat herself. She is a living example that it is possible to live the life of your dreams.

The women's retreat is a profoundly transformative experience based on the power of women meeting together in sacred circles for the purpose of asking the powerful questions of our lives.

Creating and facilitating the Women's Retreat is the real work of my life. It is the teaching job I was meant to have, the job that started calling my name in the third grade. Now I am teaching women how to listen to themselves, and how to find the courage to step up and live the life they desire.

I designed a beautiful website and began writing a blog every two weeks. I have had many, many opportunities to teach women in workshops, retreats, LifeClasses and one-on-one sessions.

My first book was released in 2011. It's entitled, ***Your Possible Life***, and is based on the process we go through in the retreat program.

But I still felt the call to grow. The inner voice said "*You're not done yet!*"

Amazing Woman # 6 – Marsh Engle

I had known for a while that it was time to bring my work to the next level,

as they say. I had done many women's events and was looking for someone to work with on this idea. Somewhere along the line, I came across Marsh's Amazing Woman events. I started following her online.

One morning in a meditation, I heard my loving inner voice say "*Contact her now. Now!*" I literally got up from my meditation and zipped off an email to her. Now, I was on the east coast and she was on the west, however, I got almost an immediate reply, which according to Marsh hardly ever happens.

This brings us to where we are today. Marsh said she could help me bring my work to the next level and she has.

The main thing she has done is increase my confidence in the value of my work. You know how it is, you know your work is valuable, but there's that little insidious voice of doubt - that irking resistance. "*Just who do you think you are?*"

Marsh slowly but surely helped me to confront those energies allowing them wash out of my system. She has helped me learn to step even more boldly into the full power of the work I am meant to do.

And let me tell you, it has taken off. Interestingly, it has taken off with less effort than ever before. It is truly unfolding. Because as Marsh says, when we are in alignment, life just flows.

Originally we were doing retreats at nature retreat centers, but recently we decided to try a new model - one that they said couldn't be done - a model where five-star resorts actually hire me to come in and do my retreat as a part of branding their women's programs.

As of today, I have three major venues signed up.

Thanks to Marsh's help I am planning what we are calling the Possible Life Tour, taking my retreats and classes worldwide.

Thanks to Marsh's pushing me forward with my social media efforts, my blog and promotions now go out to thousands of women.

I also have started teaching virtual LifeClasses which are amazing. The first one filled up, and now I'm on the fourth one. They have all filled up. I am empowering women online. I would have never dreamed this one up back when I was in school.

I also have two new products coming out; a new book from the past two years of blogs that I've written, thanks to Marsh's idea; and, out of the blue I received a call to co-author a new book on personal power and women's leadership. This book has huge potential for platform building. I'll actually get to speak in Washington DC on Inauguration Day on ***The New Game Changers***, about the new female energy in power.

Every morning now I wake up amazed and recognize that I, too, am an Amazing Woman. Thanks to all the women who have offered their encouragement and support.

And like all of the other Amazing Women on my journey, Marsh doesn't just do this for me, she does it for every woman she comes into contact with. Marsh is a living example of what it means to be an empowerment goddess. It is my extreme pleasure to introduce to you, my friend, my mentor, my coach, and one of the most Amazing Women ever. Marsh Engle!