



**THE MICHIGAN ASSOCIATION OF
ALCOHOLISM AND DRUG ABUSE
COUNSELORS PRESENT**

**How *I* am Impacts Those I Help
Finding Balance As a Mental Health Professional**

Presented by

**Therese Marie
Leadership & Career Coach**

**The Detroit Yacht Club
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WHY IS BALANCE IMPORTANT TO THOSE IN HELPING PROFESSIONS?

WHAT IS BALANCE?

BALANCE = TAKING CARE OF YOUR NEEDS



The Universal Growth Process (The 4 A's)

Awareness	How do I become aware?
Acceptance	How can I move toward acceptance?
Action	What action can I take?
Adherence	How can I reinforce the change I've committed to?

Awareness: HOW BALANCED ARE YOU?

PHYSICAL (body)	EMOTIONAL (feeling)	SOCIAL (affiliation)	INTELLECTUAL (mind)	SPIRITUAL (spirit)

Acceptance: IF IT IS WHAT IT IS...WHAT IS IT?

What is working?

What isn't working?

What do you wish you were doing differently?

IF BALANCE IS IMPORTANT TO YOU, THEN WHAT ARE YOU COMMITTED TO:

Start (from the list "What you Wish You Were Doing Differently")

Stop (from the list "What isn't Working")

Continue (from the list "What is Working")

Acceptance: IS THERE ANYTHING THAT WILL PREVENT YOU FROM ACCEPTING THAT YOU ARE RIGHT WHERE YOU NEED TO BE?

Action: WHAT ARE YOUR NEXT STEPS?

Adherence: HOW WILL YOU MAKE IT STICK?

Today's Presenter

Therese Marie is a coach who works with business leaders and professionals across the US who are committed to developing themselves (or their people) to be the very best they can be, who are guiding their organizations through transition, or who admit they are having some people challenges.

Many of her clients are navigating significant career and life transitions, and her specialty is coaching leaders and professionals who are rebuilding careers that have been adversely impacted by alcoholism or other addictions

The author of "Yes! You Can Land a Job Even in a Crummy Economy," and formerly WJBK-FOX2 Detroit's Career Coach, Therese Marie is a sought after presenter and frequently facilitates workshops for displaced workers that help participants get back to work by building their self-awareness and job search capability.

She earned a Bachelor of Arts degree in Business Administration with a major in Personnel Management & Industrial Relations from Wayne State University in 1986 and her ongoing coach training takes place through Leadership University's B-Coach, an emergent, multilevel, integrated leadership development coaching system.

Excerpt from website bio:

"I landed in coaching after asking myself the mid-life question, "What do I want the second half of my life to look like?" The first half was great! I experienced lots of success...

But despite my outward "success," I had a general feeling of dissatisfaction. In working with a leadership coach, I began to uncover the reason for my uneasiness: I wasn't living in harmony with my vision. I was doing what I was good at, but I wasn't doing what I truly loved.

So, I made the decision to live true to my vision. I began the work of becoming the best version of myself. I became willing to change and embrace the very concepts I encourage clients to embrace. I achieved sobriety, got busy on my emotional, physical, intellectual and spiritual development and started to live true to who I am.

Today, my experience of transition has proven valuable to clients. It has equipped me to help them navigate transition more effectively. In the words of my personal trainer, an award-winning body builder, "I help my clients avoid injury." I've been there, done that, so I can offer perspective that helps them avoid some of the pain and allay some of the fears that show up during times of transition."

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