



SAPCA

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INTERNATIONAL COACH FEDERATION

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Review of Borders Workshop Event

Inspiration, Your Ultimate Calling

Presented by:

Caterina Nur

Certified Life Coach and Licensed Professional Counselor
www.HigherVisionCoaching.com

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Review Written by:

Rich Zielinski, APS Recruiting



Are we asleep at the wheel of our lives? Are we so distracted by the issues around the circumference that we've lost sight of our center? Has ego drowned out the voice of our spirit? How do we reconnect with our source energy and return to our center, living in-spirit? Many daunting questions to be tackled on a weeknight at the local bookstore...

On Thursday, March 15, 2007 at Borders Books, Caterina Arends, a Certified Life Coach and Licensed Professional Counselor, sounded an alarm, waking us with some insight into the stages of life's journey. She reminded us that unless we open our eyes to the destructiveness of ego, and reconnect with our spirit, we run the risk of going through our life's journey never enjoying the inner peace that living a "whole" life can provide.



Caterina's seminar was based upon a couple of books, Dr. Wayne Dyer's *Inspiration, Your Ultimate Calling* (which also doubled as the title of her presentation) and Immaculee Ilibagiza's *Left to Tell*. Caterina played to many of our senses through music, symbols, and the undeniable passion, and inspiration, in her words. She challenged us to open our minds and listen to that little voice inside – call it guardian angel, conscience, or higher thoughts, that is calling us, reminding us to return to our source. If we return to that source, and operate from it, all things are possible.



A topic that anyone can relate to, numerous passers-by found themselves drawn into the presentation, remaining until its conclusion. Some audience members were even brought to tears. Caterina opened many eyes to the benefits of living in-spirit, leaving many in the audience eager to learn more.