

# impact

LIFE COACHING

MEDIA KIT



[www.carolconroy.com](http://www.carolconroy.com)

# Hi. I'm Carol!

## FAITH-BASED LIFE COACH & SPEAKER

There was a time that I defined "success" using the four P's; Pretty, Productive, PERFECT and Profit (yes, in that order of importance). And, if I didn't have my P's in order, well then, that is when FAILURE felt full and heavy on me.

I could easily describe and define all of these old P's, and I bet you could too – but today so much has changed – in my heart, soul and brain! I know now that PERFECT, according to God is defined a lot differently. To God, perfect is defined by INTENT and CONTENT. As in, all my motives need to be clean and fear-free and my actions need to be 100% from God's word – and His word only. You see, God never changes and He never lies, so if there is something in my mind that doesn't match God's word – THAT needs to change.

Once I got my intent and content in place, I realized it is far less important to be focused on how it PRESENTS.

The old me would have had the "present-portion" all wrapped up and done perfectly. But the new me, the one with no more unhealthy fear, well she can show up, in any space or place and KNOW that intent and content according to God's word will present WELL according to His purpose.

And this is where my heart is calling me – to go and find new ways to spread these GOD TRUTHS through one-on-one faith-based coaching, workshops, speaking and writing! So, please take a look at what I have in mind to present to "willing-and-want-to-learn" souls and groups.



# Tackling Your 10%

## ONE-ON-ONE COACHING

Would you want to find out the "10% of Anxiety-Provoking-Issues" in your SOUL, that are causing 90% of the CHAOS in your life? Then you have come to the right place! The **Tackling your 10%** Program is a series of sessions based on identifying and clarifying what UNintentional FEAR from your past journey is now creating a whole lot of ANXIETY in your current world. Using multiple templates, worksheets and a series of 1:1 sessions, we will identify, dig into, breakdown and BREAK YOU FREE from the LIES and FEAR have had a hold of you. Get ready to really get RELEASED and to live a life full of PURPOSE and PEACE.

The process begins with the steps outlined below and finally **The Tackling Your 10% Bible Study**; based out of the BOOK of JEREMIAH. This highly successful 7 chapter study walks and works you THRU Spiritually Breaking away from the "10%" of FEAR issues in your life – so that you can break FREE from them.

- ✓ **20 minute 1:1 Connection Session**  
to see if we are a solid match
- ✓ **Value Wheel Assessment**  
A template to asses the 9 KEY values in your current world.
- ✓ **Past History Assessment**  
A session dedicated to looking back and pulling out key crisis & trauma patterns from your past and how they IMPACT you today.
- ✓ **Anxiety Wheel Worksheet**  
Assessment and grading of the 12 KEY anxiety outlets.
- ✓ **Sourcing Your Self-Worth Worksheet**  
Assessment and grading of the 6 KEY self-worth areas.
- ✓ **Figuring out Your Fear Factor**  
Assessment and grading of the 4 KEY fears.



## Testimonial

Working with Carol has helped me deeply dive into recognizing the areas and unintentional patterns in my life where fear has limited me from taking God's truths from my head to my heart, and into rightly motivated and peaceful living.

I have been working with Carol as my Spiritual mentor and Coach for nearly 10 months. Carol has been very compassionate throughout my journey, and yet brave in love to bring awareness to things I needed to see and hear for my growth.

I am so grateful for the help that I have received through Carol's coaching, and am so excited to help others move through places of fear into spaces of faith!

Angie



# Be The One

## SPEAKING SERIES



'**Be The One**' is based on Ecclesiastes 7:11, where God roams the earth and finds only one righteous man - and NO righteous women. That shocked me because I instantly thought "I want to 'be the ONE' - I want to BE that ONE Righteous Woman!" But just what does that mean and how is it achieved?

Well, that is just what this workshop is about! I take my own story of GROWTH and use it as a template for other willing women as they follow me through my emotional, mental, SPIRITUAL steps and stages learning and LIVING a life that is fully FAITH-based and full-on RIGHTEOUS, resulting in the rewards of PURPOSE and PEACE.

## TOPICS

### TYPES OF PEACE

Did you know there are three?

### SPIRITUAL STAGES

Discussing and discovering Spiritual Maturity and how to grow in it.

### DEFINITION DEFINING

The gap between Him and you when defining failure, happiness, success and satisfaction

### ANXIETY

Why are you anxious inside?

### PEOPLE-PLEASING

The number one drug today? Approval!  
What is the deeper root to this powerful tool?

### FEAR

What fears are you unintentionally listening to and how are they creating spiritual angst?

- ✓ Fun and practical ways to apply the tools God gives us in His word to realize spiritual and relational rewards.
- ✓ All participants receive a copy of "Maybe You Are a People Pleaser Too: Spiritual Steps and Solutions" to take and continue to build on the concepts we explore.



## Testimonial

This was my second time attending the workshop "How to Live Righteously"

The first workshop I attended I felt hopeless and desperate. I was asking myself "What is the Right Thing to do?", "How do I read my Bible?" "What character is (this person in my life)" and "How can I apply it to my life?"

The second workshop I attended after working with Carol for a few months. I felt excited about sharing parts of my own journey through working together and confident in my decision-making abilities. It was refreshing to attend the event once before working with her, and after as well. It solidified the core principles she ministers.

*Amars*

# carolconroy.com

## BLOG SERIES

I am a woman with a story, a passion and a faith-based purpose -- to share with you the truths that God has shown me!

Because, God took this "messed-up-Mom-of-three" and turned her into a woman living in VICTORY. And, if He can take my world from chaotic to full-on confident, then He can do it for you.

We'll break down words like "hopeless, pointless and choice-less" to see what Bible based solutions God has prepared for our souls.

I cannot wait to begin with you — today!!



## “ Testimonial

Carol Conroy is a full-time Faith-Based Life Coach — with a lifetime full of mistakes and mess-ups! Her personal journey has taken her from being a full-time mom into a woman with a FULL-on mission to IMPACT others with GOD'S VISION.

Carol's 'Tackling Your 10%' Program successfully takes souls struggling with Anxiety, Self-Worth, and Fear and clears up their head and heart to get them moving on to the FUN part — first, a life full of PEACE. And then better yet? One full of PURPOSE. Using humor and humility, Carol guides her clients to develop Spiritually, all through learning new GOD-BASED TRUTHS.

Her coaching goal at the front end? That her clients 'will never see her again.'

Come ready to read, see, and hear these simple, yet effective, concepts that just may get YOU shifting in your SOUL too."

Carey

## MOST VIEWED BLOGS

### Intentional Impactors

Gleaning from the good book of Luke.

### Change - CHOICE - Truth

I want to become the woman making consistent-RIGHTEOUS-choices

### People Pleasers Unite

Does anyone out there resonate?

### The Answer to Anxiety

It's time to tell the truth, the whole truth and nothing but the truth about the question I get asked most.

### Circle of Influence

God has the true POWER of INFLUENCE on us, for us and IN US.

# Maybe you are a people-pleaser too?

## FREE BOOKLET

When I considered sitting down and writing, I was, well, a little bit nervous — to say the least.

I mean really, who am I to even TRY to present to people a totally new, unique and really very, very SIMPLE way to move away from what we call in today's society "People-Pleasing"? Because I am sure (without having done even a smidge of research) :) there are a ton of different books, tools, worldviews and modalities in the way to approach and attack this MOST common "societal disease." It's definitely been around for a long, long time.

I mean, can YOU remember when you first heard the phrase "people pleaser"? And if you are picking this little booklet up, well, then I am assuming it resonates with you -- or maybe someone in your world too.

And, you know, I NEVER thought of myself as a "People Pleaser" until, well? I began to DIG down, and way underneath some of the things I knew and had learned about myself and was beginning to TEACH about, I began to see a little differently — how, since I cannot remember when, my definition of FAILURE included the 4 Ps of Pretty, Perfect, Productive, and making a Profit. And these 4 Ps were now only a shallow surface reflection of what REALLY mattered to me MOST underneath.

That the key driver behind these 4 Ps of mine, really was the need to:

People-Please.



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## Get in Touch

I am a woman who bakes banana muffins by the 1000s in a year (seriously, I do) :) because they have a great story to tell (and, they kinda taste great too ... lol): "BRUISED bananas make the BEST banana muffins."

And we should ALL be "Using our BRUISES as Jesus CHOOSES." These ARE my bruises, ladies, and I would love to come with you.

Carol