

St. Gabriel Catholic Church

Living Your Strengths

Coaching



What is a Coach?

A coach is someone who helps the seeker explore and understand their God-given talents, to discover God's calling or purpose for their life.

~It is confidential,

~It is free

~It is private

~It is one on one sessions.

Coaching helps one become more effective on all levels of their lives.

Meet our St. Gabriel Coaches . . .

Kathy Diener

Level I Coach

Strengths:

Connectedness Empathy Ideation Developer Belief

Contact Information: artsykath@hotmail.com c: 704-458-0311

*Kathy has worked as an RN in many areas and most recently served in the parish of St. Vincent de Paul as the Director of Young Adult and Youth Ministry. She is a past participant of a Marriage Encounter Team and past Director of Wives Program for the Diaconate. Kathy is a trained Lay Ecclesial Minister through St. Mary of the Woods. She is currently being trained as a Spiritual Director through **Our Lady of Divine Providence** in Florida and concurrently at CMC Rehab's Spiritual Director Program here in Charlotte. Kathy and her husband, Deacon Mark, have four adult children and two grandsons. Her interests are painting, sculpting, sewing and reading.*

Kathy has current involvement in the following St. Gabriel Ministries:

- Cursillo
- Marriage Encounter
- Engagement Committee
- Living Your Strengths small group facilitator

Deacon Mark Diener

Level I Coach

Strengths:

Ideation Strategic Deliberative Learner Achiever

Contact Information: drdiener@hotmail.com 704-362-5047, ext. 277

Deacon Mark was ordained to the Diaconate for the Diocese of Charlotte June 2006 and placed at St. Gabriel Church. He and his wife, Kathy, have been married for thirty years. They have four children and two grandchildren. Mark and Kathy have moved from the Detroit area and have lived in Charlotte since 1985. They have been members of St. Gabriel since June 2006. Mark is in private practice as a Chiropractic physician in Charlotte. He loves sailing, snow skiing and working on and collecting old cars.

Deacon Mark has current and former involvement in the following St. Gabriel Ministries:

- Annulments
- Baptismal prep classes and Baptisms
- Marriage prep, Marriage Encounter and weddings
- Wake and funeral services
- Cursillo/Ultreya
- Engagement Committee
- Living Your Strengths small group facilitator

Bill Conwell

Level I Coach

Strengths:

Developer Responsibility Achiever Connectedness Arranger

Contact Information: wconwell@clear.net

Bill has held positions as a senior-level technology sales & marketing executive with industry leaders including IBM, AT&T, and smaller software and hardware companies. Bill joined XL/Datacomp in 1984, and was one of five key executives that spearheaded growth to \$450 Million annual sales by 1989 and a very successful IPO. He served as VP of Business Development for Gemini Consulting and AT&T Solutions through the mid-90s focused on Business Transformation of Fortune 100 companies. Most recently, Bill has held senior-level executive positions with two professional golf tours.

Bill has been a St. Gabriel parishioner for five years and has current involvement in the following St. Gabriel Ministries:

- Leadership Team for the St. Gabriel in Transition (SGIT) career ministry since December 2008, which has assisted over 200 parishioners and community members in 2009.
- Engagement Committee in June 2009
- Completed Level I Living Your Strengths coaching training in July 2009

Hilda Gurdian

Level I Coach

Strengths:

Context Strategic Learner Responsibility Developer

Contact Information: hgurdian@lanotica.com **704-568-6966, ext. 106**

Hilda is originally from Venezuela. She has been a Charlotte resident and a St. Gabriel parishioner for 17 years. Hilda has been married to Alvaro Gurdian for 32 years. They have two sons. Her interests are reading, exercising, spending time with family and friends.

Hilda is publisher of La Noticia, the leading Spanish-Language newspaper in the Carolinas. She is also president of La Noticia Foundation which was created to help Latino students with the grades and desire to go to college but without the financial means to do so.

