

SEMINARS, WORKSHOPS, AND ONE2ONE WITH

Kim Castellano

BOOKING INFO

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powerofoneministriesinc



KimCastellano



Kim Castellano is the founder and mission director at Power of One Christian Coaching and Outreach Ministries, a 501c3 nonprofit organization which serves the local community.

Kim has engaged in volunteerism for over 20 years through nonprofit organizations and churches in Clifton and throughout New Jersey. She holds many certifications including Christian Life Coaching and Counseling and has received many awards for her work in her community. Kim is best known for her friendly smile and approachable personality. She is an influential and visionary leader with remarkable tenacity - whatever Kim puts her hand to becomes a blessing to those around her.

Kim's passion is to encourage single women and entrepreneurs to fulfill their dreams and live a healthier and more meaningful life. Through her life experiences, Kim provides life coaching, counseling, mentoring and outreach which help people to live more purposeful and inspired lives no - matter what stage of life they're in. Through her own struggles and life experiences, Kim has written and created one day and weekly workshops such as "Turn off the Stress", "Love Yourself to Health" and "Journey to an Authentic You". These workshops were the launching platform for her success that we see today. Kim continues to work with men and women living in shelters with her coaching techniques and resources that rebuild their lives and guide them back to wholeness. As part of her coaching, Kim also coordinates weekend and daily retreats for those seeking spiritual renewal and refreshment.

Kim's dynamic organizational skills and influence allow her to organize workshops, conferences and community outreach projects such as a Food Pantry at a local school which provides food to financially insecure families during school breaks.

Kim is also the founder and creator of "Back2School Outreach" a city wide backpack and school supply program available to Title 1 K-8 schools, a summer literacy program in a local park for young families, and a resource day held at a Library to help families connect to their community.

Kim is the mother of a daughter who is a successful school teacher and child educator, a big sister and spiritual leader to her siblings and family, and a friend to many single women and single mothers. Kim also embraces the local community as her family, and follows her faith each and every day of her life.

Kim is available for speaking engagements, facilitating her successful workshops, and life coaching with passion, purpose and meaning.



Personal One2One Coaching, Counseling or Mentoring

One (1) hour sessions in person at the coaching office in Clifton or at your place of business.

SEMINARS

Topics: Stress Relief, Life/Work Balance, Time Management, Core Values, Life Purpose, Enduring Trials with Joy, Successful Christian Living (4 Secrets)

WORKSHOPS

Turn off the Stress- 5 week, 2 hour group session jammed packed with effective exercises and stress relief techniques that will help you identify stress triggers and turn off the stress hormones in your body, ending in a time of basic Meditation leaving you feeling refreshed and empowered.

Workshop Topics: Understanding and Identifying your Stress, Learn how to use Cognitive Therapy Exercises, Practice Forgiveness, Assertiveness and communicating your needs, Love Languages and much more.

Journey to an Authentic You -4 week, 2 hour workshop will help you jump start your journey to a more authentic you and learn how Life Coaching can improve your life. Participation will help you create more peace and balance in your everyday life. We recommend taking the Turn off the Stress workshop before starting the Journey.

Workshop Topics: The Pursuit of Excellence, Time Management, Simplify and Organize, Living the Balanced Life, Identifying and Overcoming Obstacles.

Love Yourself to Health- In this 4 week workshop co-lead with Laura Orbe, a Holistic Nutritional Coach, you'll be inspired each week and enjoy a healthy vegan meal. You'll discover how to use food to detox your body and learn how to love yourself to health. Topics by Kim Castellano and Laura Orbe will inspire and keep you accountable to make simple changes. Receive encouragement, support, and access to healthy recipes. Cost includes a lite meal and refreshments.

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