

# SENIOR LIFESTYLES

## Coaching advances careers, job performance

By Malea Hargett  
Catholic News Service

LITTLE ROCK, Ark. — In the game of life, some people have decided they need a coach to help them perform better.

In the Little Rock area, they are turning to Sister Carole Kaucic, a Sister of Charity of Nazareth and former vice president of mission effectiveness at St. Vincent Infirmiry Medical Center in Little Rock.

In looking for a career change last spring, Sister Carole decided she wanted to be a coach for people looking to improve their lives and careers. "I want to help people move from where they are to where they want to be," she told the *Arkansas Catholic*, newspaper of the Little Rock Diocese.

As a certified life and career coach, she helps professionals, such as business executives and doctors, and groups of employees within organizations, develop and achieve their goals. Her clients range from their 20s to 60s.

She calls it tapping their "purpose and passion" to reach their goals and become the best people they can be.

"Like sports, people who excel or people who do well get themselves a trainer," she said.

Sister Carole said some people might be looking to advance their careers or change careers. Others want more balance between work and family. "They don't have time for family, friends or themselves," she said of some clients.

Like counseling, a relationship with a coach could last for a short time — like three months — or could last for years. Unlike counseling, coaches don't tell their clients what to do.

The coach/client relationship can develop through in-person meetings and telephone conversations.



Malea Hargett/CNS

**Sister Carole Kaucic, 62, a Sister of Charity, finds fulfillment as a "coach" for people trying to figure out their goals in life and how to reach them.**

Sister Carole, an Ohio native, was a teacher in elementary schools and colleges. She joined St. Vincent Infirmiry's communications office 22 years ago. For the last 10 years she helped to shape the hospital's mission.

Her new ministry is an extension of her other jobs and in line with the Vincentian charism, she said, adding, "St. Vincent believed we can serve God by serving God's people."

Sister Carole, who has her own coach, chose to get certified through the Hudson Institute in Santa Barbara, Calif. From March to December 2000 she spent intensive weeks with 40 other professionals, such as psychologists, psychia-

trists and health-care administrators, getting trained in coaching fundamentals.

In looking at her own life, Sister Carole said her coach has been able to help her look at taking more risks.

In addition to her choice to "leave a wonderful position," Sister Carole also has decided to relocate last spring to the Sisters of Charity of Nazareth mother-

house in Lexington, Ky.

One of Sister Carole's clients is Sister Susan McCarthy, a member of the Sisters of Divine Compassion. Sister Carole has been coaching the promotion coordinator for Little Rock Scripture Study for the past six months on how to start journaling, simplify her life and get in shape.

"We all have these potentialities that we don't use," Sister Susan said. "I can develop that in my life if I have that opportunity."

Here are some tips Sister Carole offers to clients like Sister Susan:

- Spend at least 15 minutes of quiet time each day, take deep breaths and think about who you are and who you want to be.

- Stop and look around you, at the full moon or a colorful tree in the fall. "There is something very powerful (in) being aware of nature," she said.

- Analyze what is really important in your life by looking at your calendar and checkbook. "Calendars and checkbooks are good examples of what you value," she said.

For example, if you want to continue your higher education, Sister Carole asks: Are you dedicating time for school? Are you researching where to go to school? Are you saving money for schooling?

Sister Carole said people might want to take a money, time and talent inventory to see what they value.

"Once time is gone, it can never be retrieved," she said. "Of the three, time can be seen as the most valuable."

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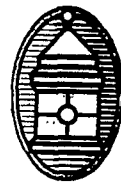
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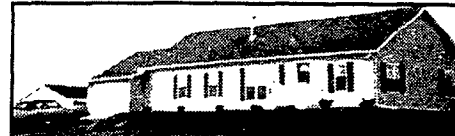
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