



Living in Alignment Conversation Circle

A Virtual Experience

Thursday February 18, 25

March 4, 11, 18, 25, 2021

1:00pm to 2:30pm



Do you often feel like you are not quite on the right path, or that you have lost sense your sense of direction in the daily demands of life?

Based on my own journey to live “in this world but not of this world,” this Conversation Circle is a group-based, coaching-centered experience, designed to help you reconnect with who you are and explore the factors that can help you gain a greater sense of alignment in your life.

The experience includes 6 weekly facilitated group sessions, with a mix of learning, small-group sharing and individual reflection. In addition, each week, you will be invited to spend quiet time with God, engaging in a variety of short exercises, and considering opportunities to create more room for Him in the design of your life. Over the course of the 6 sessions, you will have an opportunity to explore your Life Satisfaction, your Personal Values, your Spiritual Gifts, your Inspired Vision and your Roadmap Forward. The first session will be a chance to introduce yourself to the group, learn more about the experience, share expectations and prepare for your journey.

The Living in Alignment Conversation Circle will take place virtually (via Zoom), from Thursday, February 18th through Thursday, March 25th, from 1-2:30pm Central time. Individuals participating will need to have access to Zoom, as well as internet and printing capabilities to complete individual activities in between weekly meetings. The Zoom link and additional information will be provided, upon registration.



For nearly 20 years, Karen Bychowski spent much of her time traveling around the United States and across the world, helping large organizations navigate change as part of her work with a Global Fortune 100 Consulting Company, before making the transition in 2019 to focus on coaching and facilitation. Her experience includes individual and team coaching, across levels, as well as leadership workshop facilitation.

Karen is passionate about helping others design and live out the most inspired vision for themselves and considers each person's values, talents, goals, and purpose. She completed robust coaching training at the Hudson Institute of Coaching, is a Professional Certified Coach (PCC) through the International Coaching Federation and is a Gallup-Certified CliftonStrengths Coach. She received her BA from the University of Illinois and her MS from Loyola University Chicago.

In addition to her professional work, in 2017 Karen started To Africa with Love, a non-profit organization whose mission is to connect, care and contribute to the people of Kenya and beyond. The organization's flagship program- Pads with a Purpose- focuses on the use of vision boards to empower girls and has reached over 4,000 young women across Kenya. In January 2020, the organization launched a second program called, "Amka." Meaning "wake up" in Swahili, Amka is a social support and life skills development program aimed at helping vulnerable young women in Kenya make the transition from high school to "life."