



Have you thought about a Coach?

Coaching offers the opportunity for growth in excellence and depth in wisdom.

Do you know why?

Work, in whatever arena, invites persons to probe beneath “the job” and explore their personal-spiritual call, as well as to discover their mystical path on the seemingly mundane road of work realities.

What happens when someone comes to coaching?

The coach helps persons identify their goals, their achievements and their struggles – and to begin to see beneath the surface to their own calling and desires.



What are the similarities and differences between coaching and spiritual direction?

Both coaching and spiritual direction invite persons to see themselves in a bigger picture. You might say that the distinct “doorways” are that of work-life goals and God-life desires. Once through the “doorways,” the terrain of spiritual direction and coaching can appear very similar and, at times, the two become one.

What does the coach do?

The coach acts as a listening, supportive person who creates an atmosphere where one can look honestly at her or his reality and identify choices for the way forward.

How often do people see their coach?

Frequency of visits varies with the person and with the happenings of one’s life at a particular time. Some people come once a week, others every two weeks, some every month or even less often.

How does one go about finding a coach through Mercy Center?

Mary Waskowiak, RSM is a Sister of Mercy and a trained spiritual director and executive coach. She is available to speak with persons who are interested in coaching and to help them find a coach suitable to their needs.

Does coaching have a cost connected with it?

The fee to Mercy Center for the services of a Centered-sponsored coach is \$100 per session. In some cases, fees can be negotiated based on individual need.

For assistance, please call Mary Waskowiak RSM at 650-340-7483 or email her at:

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