



Embrace Your Abundance Experiences

Wealth accumulates; abundance must be embraced in the heart. SM

Have you ever waited until it was too late to ask an important question of someone you love?

Can you remember how it felt, or could you imagine how it might feel?

No matter how your wealth has accumulated, you may struggle with how to initiate conversations with loved ones about that most taboo of topics - money.

The Reality Check: Uncover where you stand today. You can move tomorrow.

Based on my experience, these statements are a strong sampling of common challenges. For each statement, indicate a score of how it resonates for you. A score of 1 is "not at all" and 10 is "you get me".

- ___ I want to stop working soon and embrace what's next, but I can't imagine how I will find purpose or value?
- ___ While I am charitable, most of it feels obligatory. I am seeking ways to have more meaning and impact.
- ___ I see others I admire living with financial ease that I only aspire to have. I seek that peace of mind.
- ___ I anticipate a wealth transfer happening in my family in the next decade or so. Yet I've never had a meaningful conversation with anyone affected by it to learn what they or I see as opportunities or challenges to address.

What resonates for you so far? Whatever it is, I invite you to embrace it, not ignore it.

I encourage you to jot down the answer to: What is the one specific thing I am ready to commit to going forward this week? _____

- ✓ Pop your answers to these and other challenges in The Reality Check at kathleenaquinn.com and receive my list of Five Keys to Living Fully with Abundance. If you answered 5 or higher on most statements, you may benefit from a conversation to explore how you can resolve them.



I've witnessed the pain people face when wrestling with their own money stories and those of their families. And then for some, I have witnessed the joy when purpose, values, and legacy align to create a truly meaningful impact.

That is why my commitment to you is: I will guide you to own the power you already have to create a life of purpose and impact that starts now.

Poet Mary Oliver captures the urgency and power of this journey in her final lines of *The Summer Day*:

"Doesn't everything die at last, and too soon? Tell me, what is it you plan to do with your one wild and precious life?"

“Our participants are still talking about their experience with Kathleen. She asks thought-provoking questions and guides powerful conversations that take our understanding of what philanthropy can be to a whole new level.”

– Andrea Reeder, Chief Philanthropy Officer, Asante Foundation, Medford, Oregon

Choose Your Embrace Your Abundance Experience

Gathering: Up to 50 people

Events are tailored to the needs of the audience and the desired outcome for the hosting group.

- ✓ 90-minute interactive workshop
- ✓ Speaking engagement (podcast, keynote, conference session) that offers a compelling introduction to the concepts.

Powerful stories and insightful questions for audience reflection help me focus on three concepts:

- ✓ **Discover** your vision for living with abundance,
- ✓ **Learn** what holds you back, and
- ✓ **Act** intentionally to create a plan.

Option: Six participants may have a free 1:1 debrief.

Circle: Up to 10 friends.

A Circle is organized by a host who is connected to the group. The host and I will confer on how to create the most trusted group to allow for vulnerable and courageous conversations.

We will agree on a time. Most run 90 minutes. For more expansive reflection, extend up to 3 hours.

In the Circle, I will walk the participants through each stage outlined in the Gathering description. Given the connection among the Circle members, they will benefit from each other. They will learn, share insights, ask questions, and create an initial roadmap for moving forward.

Option: Free 1:1 debriefs

Private 1:1 Coaching

Often clients reach a crossroads where it is clear they need a guide for the journey ahead.

In weekly calls over two to three months, we explore challenges uncovered by asking questions:

- ✓ What money stories do you tell yourself that are outdated?
- ✓ What do you care most about when considering your legacy?
- ✓ What will it feel like to live in alignment with purpose?

I guide you to gain clarity about what matters most. Over time you begin to unlock a freedom that allows you to create a roadmap of choices and actions to move you closer to your vision.

What it is not: I do not ask for financial reports, discuss taxes, or advise on charitable giving.

What you receive: For each experience, I created a tailored toolkit.

What you can access: Check the resources tab on my website for free interactive planning tools.

About Me and How to Connect

Embrace Your Abundance leverages my 30+ years of professional experiences as well as life lessons. On my website, I share my credentials including certifications through Nancy Levin's Life Coaching Academy and David Kessler's Grief Educator program. My passion is deeply rooted in, and blends, these roles:

Executive and Life Coach: I guide clients who want more in life and struggle to unlock what holds them back.

Philanthropic Advisor: For decades, individuals who are philanthropists welcomed me on a portion of their journey to create meaningful impact. We listened and learned from each other. I remain inspired by them.

Grief Educator: I explore how grief can limit how we move forward as we accept the truth of how short life can be.

Humbled Benefactor: Thanks to my loving husband, we learned the pure yet poignant joy of intentionality.

If this concept of Embrace Your Abundance is resonating, I am eager to hear what intrigues you about it and what questions you are asking yourself. I invite you to use the Contact tab on my website to schedule a conversation. Together, we can discover what the next steps of your journey might be.