



Karen Gomez We Are the Ones Wellness & Coaching

by Nancy Cohen

"A candle loses nothing by lighting another candle" Erin Majors

Pioneers are those who take the initiative to explore new terrain or prepare a way. Following the mantra "Inspire self. Inspire others," Karen Gomez is taking on that role, combining her love of healing arts and business to help individuals and organizations find the path to healthy change. Having found that a holistic approach to self-awareness has enabled greater lifestyle balance (with time for family, friends, and career while maintaining a healthy mind, body, and spirit), she seeks to help others

achieve the same through her new company, We Are The Ones. Her goal is to provide an enjoyable and supportive space for group and private wellness coaching, inspirational leadership, and yoga.

Karen's yoga classes include Ashtanga, Gentle, and Power Yoga, as well as private, customized sessions. Wellness programs involve guiding clients to make desired changes, such as weight control, handling stress, conquering addiction, changing vocation, or shifting relationship. Recognizing well-being correlates to employee and corporate success and satisfaction, her leadership work aims

to help businesses bring soul back into the board room, create and sustain enthusiasm, and encourage well-being.

Formerly owner of Madison's Desmoiselles Yoga, Karen has been teaching yoga and wellness for eight years, and mentored and coached corporate project managers for 20 years. Her professional studies have included business administration, Ashtanga Yoga, Lance Secretan's Higher Ground Leadership®, and Spencer Institute's Wellness Coaching. Wanting to combine her interests in order to make a difference in people's lives, she opened We Are The Ones in September.

The appellation We Are The Ones stemmed from Karen's feeling moved by a Melissa Etheridge song of the same title. She considered the song while journaling about creating her business. What came to mind was a group of people holding hands with the words "We ARE the ONES... it is time for us to make a difference and not wait for a great leader." She then encountered the Hopi Elder prophecy "We Are the Ones." What cemented the rightness of her naming decision was a video incorporating imagery of the United States accompanied by that same Hopi message.

People often feel trepidation, even when wanting change. Life's demands, information overwhelm, past patterns, and frustration at obstacles can be factors in suspending forward movement. Curious about Karen's work, but uncertain where to begin? For yoga, she suggests trying a class or having an individual session to learn more. To shift behaviors through wellness coaching, she offers an introductory consultation for \$29.95, which includes a personal assessment considering all components of a client's life. Small businesses (e.g.: community centers, schools, churches, municipalities) looking for leadership coaching can schedule a free half-hour consultation.

Karen serves as a sounding board, helping clients clarify ideas for "redesigning," taking what wisdom they already possess to craft the change(s) they seek. With individuals, the first visit is an evaluation of physical, emotional, spiritual, and vocational



wellness. Clients may consider such questions as "Where are you on your path? What do you want to do? Why do you want to work with a coach?" Behavioral changes require committed effort from coach and client. Karen says with sessions generally two to three times a month changes typically occur within three to six months. Clients are also given tasks to accomplish on their own. For small groups, the initial assessment involves understanding the 'one dream' of everyone involved. She then focuses on the company's "story" of what has and hasn't worked, establishing goals and actions through one-day workshops or ongoing consultation.

When clients feel inspired, Karen says they may get a kick in their step, a twinkle in the eyes, feel excited and joyous, and time flies because they are having fun. Even tasks they normally resist may seem more inviting. One thing that evokes this response in her is music, which includes performances with her band, Ironic Truth, and utilizing that medium to support organizations like the American Red Cross, Trees for the Future, Global Mala for Peace, and United Way. Among other sources of inspiration are Beryl Bender Birch, an Ashtanga yoga contemporary, and the books *The*

Spark, The Flame, The Torch by Dr. Lance Secretan, and *Edgewalkers* by Judi Neal.

In January, Karen will lead adult education classes in Branford (through E.R.A.C.E). On April 9, she will offer a workshop with two colleagues at the Guest House and Retreat Center in Chester. "How to be Inspired in a Not So Inspiring World" will concentrate on what matters to participants, lighting the fire within, discovering how to live an extraordinary life and encouraging others.

Several aspects of Karen's life involve threes: passion for business, health, and music; the event with two other coaches; yoga, wellness coaching and leadership work; deciding on her business name after three confirmations. As with the ideals of her work, three can symbolize unity of body, mind and spirit, and involve moments of synchrony ("on the count of three, everybody smile!"), and accomplishment ("third time's the charm").

In sharing a quote by Patanjali, an Indian teacher said to have systematized the teachings of yoga, Karen hopes it will inspire clients' movement through their own "three," from past to present to creating a better future... "When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds. Your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great, and wonderful world. Dormant forces, faculties and talents become alive and you discover yourself to be a greater person by far than you ever dreamed yourself to be."

Karen lives in a log cabin in Madison with her husband, Doug, a personal trainer, zumba teacher and drummer, their dogs, Jake and Sadie, and cats, Snickers and Sylvie. Responses to her work include Lance Secretan's suggestion: "Spend a few moments in Karen's company and you will be wrapped in her unconditional concern and ability to inspire." She can be reached at 203.906.8314, or www.we-are-the-ones.com.

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