



Meet Barb Klein and Deborah Bussewitz

Barb Klein is a certified life coach, teacher, author, speaker and a devotee to personal growth and self-care. Barb regularly attends retreats and workshops, diving into creativity, self-awareness, meditation, self-compassion, and personal growth in order to support her own ongoing development. She believes that life is for living, no matter what challenges may arise. Barb loves helping other people to create and step into the lives they desire through her business, [Inspired Solutions](http://www.barbklein.org) . (www.barbklein.org)

Barb has years of experience coaching and supporting others to reach their highest potential through both her work as a nonprofit program manager and volunteer experience.

Barb is an [RTA-Certified Facilitator](#) in Renee Trudeau's work, offering the practice of self-care to women through Personal Renewal Groups and retreats. She is also an authorized facilitator in Laura Berman Fortgang's program, "[Now What?© 90 Days to New Life Direction](#)," supporting individuals in making career and life transitions that honor who they are at the core. Barb is a graduate of Jennifer Louden's [TeachNow](#) course, which has helped her to develop and deliver quality programs.

Barb is an Associate Certified Coach (ACC) through the [International Coach Federation](#), a Core Essentials graduate of [Coach U](#)'s coach training program and is currently working to complete her Advanced Coach Training Program through Coach U, having completed over 200 hours of professional coach training.

Barb's first book, [111 Invitations: Step into the Full Richness of Life](#), was published in July 2016. This book is a collection of poems, prayers, and reflections that offer a pathway of possibility and understanding, exploring the full range of human experience and emotion. The writing invites the reader into a new and deeper awareness of self, providing an opportunity to:

- slow down and tune into inner wisdom
- be with life's questions
- express the truest version of self
- explore life's contrasts and contradictions

Through her most challenging years, Barb has successfully followed her own dreams and passions, finding a way to create peace, joy, and calm, even when (and perhaps because) there were significant struggles.

Barb believes strongly in the need for both time to "be" and time to "do." She is passionate about offering retreats because retreat times allow us to BE. They offer an opportunity to connect to

ourselves, slow down, renew, recharge, and refocus so that the "doing" part comes more smoothly and with more grace and ease.

Deborah Bussewitz – Deborah is a longtime educator, having served as a teacher most of her life, a principal, and currently supporting teachers and students through her role as Assistant Superintendent of Enterprise Charter School in Buffalo. She also offers independent consultant to local school districts.

Deborah has worked with others in developing personal growth and meditation for many years. She has coordinated and facilitated growth and leadership workshops that promote well-being and self-awareness.

Deborah is a writer and a teacher of writing. Her blog, Show...Not Tell <http://www.show--nottell.blogspot.com/> is a compilation of personal narratives and essays over the past several years that support her desire to show her beliefs about living, teaching and growth and a place to show a life aligned to her beliefs. She has supported hundreds of teachers and writers in the deepening of their craft and the development of their own understanding of personal growth.

Deborah has been trained to facilitate groups and has worked with individuals as well as small and large groups to promote self-awareness and acceptance. She is certified as a Level 1 Cognitive Coach. She is an Adjunct Professor at SUNY Brockport where she teaches leadership, literacy and writing classes.

Deb spent a year being guided in meditation practices to develop her own spiritual understanding and growth. Through Life Results, a local personal growth program, Deborah has coordinated both the Basic and Advanced Classes and has facilitated leadership training and other self-growth days.

Deborah believes that reflection is an anchor for growth. She has sought out personal and spiritual growth opportunities and supported others in their personal growth in different capacities for the past 20 years. Her work in providing Women's Self-Renewal Retreats with Barb Klein is yet another step in her service and support to others as they dream and dig to become the person they want to be.