

# Kathy James, Th.D.

## Crosswalk Life Coaching & Consulting

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### About

Kathy's decision to work with the Joy of Medicine program is driven by her passion to support a community of compassionate, caring individuals who would benefit from a few hours of self-reflecting in a safe non-judgmental space. Kathy realized out of her own struggles in managing life, family and career that to be successful she had to plan to do it purposefully and with set intentions. Her successes ignited a fire in her to support others in their journey of life. Kathy has since been coaching for over 20 years in lifestyle, management, and career development. She has worked with and around the medical arena for many years and she understands the pressures that physicians are required to endure. Additionally, Kathy has worked in the Government sector managing large teams in project management, training, and human resources for over 40 years.



Kathy supports individuals to successfully set and meet expectations. She believes and supports from the heart that well-being through self-care is of vital importance before one can begin again. She leads a variety trainings and workshops with companies and organizations where she teaches using tools to increase confidence, motivation, and achieve goals. Kathy challenges clients to step back and embrace the successes, and failures that life has delivered, and she empowers them to be creative and loving in their own skin.

### Services

Kathy coaches her clients in their self-discovery and awareness of what is possible. Kathy builds trusting relationships that are long lasting. She addresses leadership, career paths, relationships, balance, clarity and attaining goals. Kathy's topics of focus include Career Management, Time Management, Embracing Family Dynamics, Wellness and Well Being, Conflict Resolutions and Meeting and Setting Expectations. Kathy will travel to the physician or medical student for individual sessions.

### Education and Experience

Service Excellence Coach—Sutter Independent Physicians  
Independent Life Coach—CrossWalk Life Coaching  
Th.D., Sacramento Theological Seminary, Pacific Coast Bible College  
Associate Certified Coach, International Coaching Federation

**LIVE LIFE FULL**