

## Graduate Profile

Rosemarie Perla

Applied Healing Arts alumna ('04)



In 2003, I had begun developing a coaching business in my hometown, Pittsburgh, PA, and wanted to get a clearer vision of what I had to offer my clients and how I wanted to define my life's work. I had a deep concern for this country's growing obesity issue and a desire to marry my life's work with offering a contribution to the community around this issue.

A close friend suggested studying at Tai Sophia, knowing it would offer me a community in which to further create a personal and business vision. Indeed, this community allowed me to explore leading-edge philosophies in an interactive environment both challenging and supportive. Frederick Buechner's quote, often used in our classes, inspired me: "To find our calling is to find the intersection between our own deep gladness and the world's deep hunger." At Tai Sophia, I gave myself the gift of exploring that deep gladness and ways to apply my gifts.

Because it is an executive program where most study is independent, with group gatherings every other month, this schedule was easy to fit into my work and personal life. The drive was not difficult—about four and a half hours—and I used that time to listen to books-on-tape. In our electronic age, which pushes a fast-paced lifestyle, we all need opportunities to pause, reflect, contemplate, and act in a way that allows us to be our best. We owe that to ourselves, our families, our communities...the world. This program allowed me the space, time, teachers and support to do so.

Overall my "being in the world" has been enhanced in that I show up more intentionally, seeing a bigger picture, empowered, and speaking more clearly. Since leaving the program, I was able to finish a house renovation, incorporate my executive coaching practice, and offer a children's cooking skills program at Whole Foods Market in Pittsburgh. My coaching clients benefit from my studies in that I assist them in developing their own visions of being their best and do so with a knowledge born of my own journey of discovery.