

# Caterina (Cathy) Arends

MA, LPC, LMFT

## HigherVision Coaching

www.HigherVisionCoaching.com  
Caterina@HigherVisionCoaching.com  
Phone/fax: 210-492-6882

## Turning Point Counseling

3740 Colony Dr., Suite 260  
San Antonio, TX 78230  
Phone/fax: 210-492-6882

## Mission / Goal / Purpose

My life is dedicated to making a positive difference in the lives of others, from the individual to the global level. I work with people on the entire continuum of human growth and development. I do this through who I am, through the relationships that I develop, and the wisdom, experience and gifts that I bring.

## Skills / Roles

Life Coach	Licensed Counselor	Group Facilitator	Writer
Teacher	Peaceworker	Networker/Liaison	Mediator
Speaker	SpiritualGuide/Teacher	Healer/Grief-Loss	Intuitive
Visionary	Servant Leader	Communicator	Holistic

## Experience

- HigherVision Coaching: 2000-to present
- Turning Point Counseling: 1981 to present
- San Antonio peaceCENTER - Core Team member
- United SA Mayor's Commission: Co-founder, Co-Chair "Creating a Caring Community"
- Parent / Community Liaison with At-Risk Students and Families-NISD: 1996-2001
- Teacher/Facilitator: 1969 to present
- Facilitator with college Women's Programs
- Spiritual Teacher/Guide:1991-present
- Hospital Substance Abuse Programs
- Group facilitator: Adolescents, Psych Hosp
- Founder of "Let There Be Light!" a global project for peace, 1994-present

## Special Areas of Interest

- Specializing in spiritual coaching, helping people create lives where their souls can thrive.
- Coach and empower individuals, potential leaders who want to make a difference in the world.
- Create and facilitate groups of diverse makeup, and in many settings, using in-depth dialogue with the purpose of creating healing, understanding, respect and cooperation across many differences. This will increase a growing understanding of the oneness of the human family.

## Honors / Recognitions

- International Who's Who of Entrepreneurs
- Finalist for Unity of Humanity Award, San Antonio, TX
- Outstanding Young Women of America
- Awards: Mentor, Parent, Community Programs

## Education

- St Mary's University, MA (4.0/4.0)
- Univ. of Wisc, BS-Education (Honors)
- Training in TA & Mediation
- Institute of Life Coach Training
- Diversity / Multicultural Training

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"The day will come when, after harnessing space, the winds, the tide and gravitation, we shall harness for God the energies of love. And on that day, for the second time in the history of the world, we shall have discovered fire." - Tielhard de Chardin

"Work is love made visible" -Kahlil Gibran