

Denise Yarrison, CPCC  
Coach & Facilitator of Mothering-by-Design  
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*conversation*  
**REVOLUTION**  
*Women Rise. Evolve the Conversation of Mothering.*



De brings to her work with mothers a 15-year history in leadership development, team-building, and facilitation of positive change, along with a lot of love and a passion for healthy, happy families.

Over the years, De has designed and facilitated events for all kinds of groups, from large corporate clients to local moms' clubs. She considers it a blessing and a privilege to create sacred space for people to gather in community, deepening relationships with one another as well as with oneself. De is a skilled facilitator and is comfortable speaking in spacious ballrooms as well as intimate church gatherings.

The heart of De's work is helping mothers live and parent from the mindset of Sufficiency; believing themselves to be sufficient, able, and enough. A primary piece of her work is guiding mothers to discover the Truth of Who They Are, as designed by God.

De helps women create supportive, affirming bonds with THEMSELVES – first and foremost. She guides women in exploring their conversations with self, the way they relate with others, and the way they relate with circumstances in their lives – always pointing towards God. She offers tools, insight, and experiences for mothers to cultivate resilience, self-compassion, and an unwavering belief in oneself. For these are qualities that, when cultivated and thriving within the hearts and minds of every mother, will also take root in every child, and will indeed create a more gentle, compassionate, and loving society.

De presents her workshops and presentations through these venues:

- Churches and Christian Conferences
- Mothering / Parenting Organizations
- School Faculty and Administration
- Women's Leadership Associations

### **Speaking topics include:**

- Whole You: A Journey towards Wholeness and Holiness
- The Art of Comfort: Belonging and Acceptance from within
- Conversation Changers Series: Changing the Conversation with yourself, Changing the Conversation with your Child, Changing the Conversation with your spouse
- Intentional Families: Fostering a positive, affirmative, full-hearted "Family Culture"
- Intentional Daily Living in the Midst of the Crazy!
- Conflict Handling for Parents and Families: How to Disagree without Damaging Relationships
- Customized presentations available upon request

**Formal Education:**

BA, Organizational Psychology, Immaculata University, Malvern, PA  
Certification, Gestalt Therapy Practitioner, Pennsylvania Gestalt Center, Malvern, PA  
Certification, Professional Co-Active Coach, Coaches Training Institute, San Rafael, CA  
Credential, Associate Certified Coach, International Coach Federation, Lexington, KY

**Favorite Tools:** Gestalt Therapy, Group Coaching, Emotional Intelligence, Appreciative Inquiry, DiSC Behavioral System, and ORSC (Organization & Relationship Systems Coaching).

**Core Values:** Seek to serve God in all I do, Be authentic and real in my relationships (especially in my relationship with ME), Live simply, Stay in Community, Give graciously, Pray always.

**Personal Pursuits:** My relationship with God, My family, all things outdoors and active, travel, volunteering, music & playing my guitar, simple living, and a passion for healthy, happy children. I am passionate about my home parish, St. Mary's Catholic Church in Schwenksville, PA, where I serve on Pastoral Council, and am active in the music ministry, our Charismatic Prayer Group, and our Christian Family Movement (CFM).

Visit The Mothering Conversation Website: [www.ConversationRevolution.com](http://www.ConversationRevolution.com)  
Facebook Page: [www.facebook.com/MotheringConversation](http://www.facebook.com/MotheringConversation)  
De's Blog: [www.ConversationRevolution.com/Blog](http://www.ConversationRevolution.com/Blog)

De is also the founder of the executive & organizational development company, Essential Shift, LLC. Through Essential Shift, she coaches leaders and their teams to foster positive, hopeful, engaged company cultures. [www.EssentialShiftNow.com](http://www.EssentialShiftNow.com)