

**Beth Thompson** has served the Lord in vocational church ministry for over thirty years in the areas of youth, education, senior adults, spiritual formation and now as associate pastor of a vibrant CBF church in eastern NC. Coaching training gave a name to the style of teaching and counseling which Beth had utilized throughout her ministry. She is interested in one on one coaching, helping others to use their own gifts and insights to discover Spirit led solutions for issues of life, career and personal spiritual formation. Having experienced the death of her teenage son in 2005, she is particularly interested in the area of coaching others through the grief of loss. That loss may be of a loved one by death, but may also include loss of job, marriage, life dreams, spiritual vitality, or joy in life in general. It is her desire to help others survive grief's pain, face life's obstacles and explore faith's challenges. Often individuals get stuck in the process of grappling with these issues and Beth believes coaching can help individuals move forward once again. Beth Thompson is a CBF certified coach and can be contacted at [beth@oakmontchurch.com](mailto:beth@oakmontchurch.com) or by phone at 252-756-1245 or 252-531-6894.