

ST. MATTHEW LIVING YOUR STRENGTHS: Contact our Strengths Coaches!



BETH MCCLAY

Gallup-Trained Strengths Coach

WOO, Communication, Empathy, Maximizer, Learner

Beth is a Business Development Manager for a startup software company located in the Ballantyne area. Her previous work experience includes brand management, finance, and accounting for Fortune 500 companies in New York City, along with a stint in real estate.

Originally from Syracuse, NY, Beth graduated St. Bonaventure University (go Bonnies!) then lived in the metro NY area for several years before heading south to Raleigh and eventually Charlotte. She has been a member of St. Matthew Parish for five years; before that she was a member of St. Michael the Archangel in Cary, NC for 14 years.

As a mom of 4 children in their twenties (two still in college), she knows what it is like to be a stay-at-home mom, has faced the challenges of returning to the workforce after many(!) years of raising children, and also what it is like to adjust to an empty nest (okay, she is still finding her way around the empty nest part!).

She became involved with the Strengths Ministry when she participated in Living Your Strengths at St. Matthew and feels very blessed to be a coach and have the opportunity to share the experience with others.

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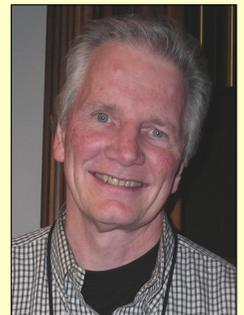
JOE FARRELLY

Gallup-Trained Strengths Coach

Communication, Developer, Activator, Consistency, Maximizer

Joe is a Vice President and Financial Consultant for an international wealth management firm with 30 years of experience. Working primarily with individuals, he has excelled in taking complex ideas and making them understandable. He loves meeting people where they are, and demonstrating to them how they can maximize their potential. As an activator he enjoys getting ideas off the paper. Joe is married to Sandy and they have been members of St. Matthew since 1986. Sandy and Joe have two adult children.

Current and former Ministry involvement includes: Music Ministry, Extraordinary Minister of Holy Communion, Cursillo/Ultreya, Missionaries of the Poor, Capital Campaign Fund Drives and Living Your Strengths Facilitator.



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LIVING YOUR STRENGTHS
Coaching
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Growth

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ST. MATTHEW LIVING YOUR STRENGTHS COACHES



VALERIE MENZEL

Gallup-Trained Strengths Coach

Maximizer, Empathy, Harmony, Developer, Achiever

Valerie is a voice over artist and on-camera talent with additional expertise in public speaking and producing photo shoots. Her work experience includes hosting and producing television shows, managing outreach for one of the nation's most respected nonprofits and 15 years of managing photography production teams at a Fortune 500 company. She is married with two children and understands the issues facing parents and those in transition. Current and prior ministry involvement includes Lector, PreCana facilitator, Moving On After Moving In facilitator, Puzzle of Life and World Hunger Drive.

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FRANCIS AHN

Gallup-Trained Strengths Coach

Strategic, Communication, WOO, Includer, Connectedness

As a former career counselor at a local community college, Francis has worked with Strengths in the education sector as well as through church. Using his 12 years of counseling background, he has worked with people of all ages from high school to retirement age. His focus is to help people during transition. Whether that is career, personal, or spiritual transition, he can help you to utilize your strengths.



A native of Charlotte, Francis currently manages an apartment complex and teaches part-time at CCCC. He is also the Young Adult Ministry and Small Group Coordinator at St. Matthew. Francis is married to Yuri and they have been members of St. Matthew since 2011.

His past ministries include: Pastoral Council, Christ Renews His Parish, Music Ministry, Youth Ministry, and Youth Basketball Coach. His current ministries include the Young Adult Ministries, Living Your Strengths facilitator and coach, Extraordinary Minister of Holy Communion, and Cursillo member.

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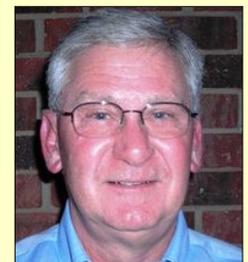
DON GARBISON

Gallup-Trained Strengths Coach

Arranger, Maximizer, Individualization, Responsibility, Learner

Don is a retired corporate executive and a current small business owner. He is a father of five and has five grandchildren. Don and his wife, Janet have been members of St. Matthew Catholic Church since 1996.

Current and former ministry involvement includes: Engagement Committee, Pastoral Planning Committee, Pastoral Council, Cursillo, *Why Catholic?*, Living Your Strengths Facilitator, Small Group Planning Team



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ST. MATTHEW LIVING YOUR STRENGTHS COACHES

LEANNE BURNETT

Gallup-Trained Strengths Coach

Maximizer, Strategic, Positivity, Ideation, WOO



Over the years, Leanne has coached people in a wide variety of ways, including helping clients to enhance their businesses, as well as move forward in their careers by helping them to tap into their passions. She has a special affinity for mothers returning to the workforce, and balancing family and work issues. She helps coaching clients to create a vision, and inspires them to move forward with intention. She is upbeat and enthusiastic. She doesn't take life too seriously, and believes it is critical to have fun along the way! She enjoys witnessing greatness emerge, and loves helping people enhance their God-given purpose.

Leanne has lived through a variety of life-changing experiences, including miscarriage, the serious injury of a child, caring for ill parents, and returning to the workforce after raising children at home. She worked as head of Human Resources for 15 years in both the Financial Services and Pharmaceutical industries. She was formerly a financial consultant in a litigation consulting firm, and together with her husband, co-founded a legal services practice. In addition, she has worked as a professional voiceover, and co-produced and was a lead voice in The Everyday Rosary CD.

Leanne studied Accounting and Philosophy at the University of Notre Dame, with additional Philosophy coursework at Northwestern. In addition to her Gallup training, she has trained as a professional coach through Coaches Training Institute.

Leanne is married to Michael, and they are the parents of four daughters. They have been members of St. Matthew Parish since 2006. Leanne has been involved in Puzzle of Life, Living Your Strengths as a Facilitator and Coach, Haiti Food Packaging, Crop Walk and is a Lector.

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DEACON JIM HAMRLIK

Gallup-Trained Strengths Coach

Strategic, Self Assurance, Futuristic, Responsibility, Discipline

Deacon Jim stands passionately for YOU and your most authentic, vibrant and fulfilling life, one in which you are not only realizing your dreams but savoring the journey along the way. He calls you forth to be the artist of your life, intentionally creating exactly what you want – a life you love! He creates an open and safe space for you to clarify intentions, explore possibilities and clear obstacles. His coaching sessions are often described as inspiring, energetic and transformative. LYS coaching fulfills Deacon Jim's purpose – to help others become empowered in their lives, to see their own radiance and hear their own inner guidance. Deacon Jim is passionate about coaching and supporting you to develop your talents and bring your gifts to the world.

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HEATHER GRAVELLE

Gallup-Trained Strengths Coach

Achiever, Belief, Strategic, Maximizer, Competition



Heather Gravelle shines the light on the talents of those around her and inspires them use them to achieve their goals, overcome obstacles and lead more fulfilling life in the glory of God. She has been a parishioner at St. Matthew Church since 2010 where she was a member of the *Moving On after Moving In (Fall 2011)* and a member of the *Living Your Strengths Ministry* since 2015.

In her professional career, Heather has held dynamic roles in financial services in both New York and Charlotte. Currently, she spearheads business development and marketing for a wealth management and investment planning practice and coaches individuals interested in new opportunities and enhancing their performance. While at American Express, she was recognized as a top B2B relationship manager and served as practice leader and marketing director for a start-up niche consultancy. As Vice President of Talent and Organizational Capabilities, she empowered a team of professionals focused on leadership development, developing pipelines of talent for critical roles and driving organizational performance. She earned a bachelor's degree from Villanova University and has a M.B.A. with a concentration in marketing. Additionally, she earned the Global Professional in Human Resources designation (GPHR®) and is a Gallup-Trained Living Your Strengths Facilitator and Coach.

Heather and her husband, Mitch, have been married for 25 years and are the proud parents of four teenagers/young adults. She enjoys playing tennis, writing, and serving on the Executive Council of the Carolina Women's Club. She also enjoys volunteering at her alma mater, Villanova University, where she mentors undergraduate business students and helps them to articulate their unique personal brands, secure internships, and build professional networks.

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SHEILA BURROUGHS

Gallup-Trained Strengths Coach

Strategic, Input, Learner, Individualization, Maximizer

Sheila loves to help people discover their authentic self. She is a spiritual director, acting as a companion to people as they explore and deepen their relationship with God. Coaching for Strengths is also a passion for Sheila – knowing ourselves is an important element in developing our spirituality. Sheila's talents of Strategic, Input, Learner, Individualization and Maximizer make her intensely interested in the unique stories of each person and lead her to ask insightful questions.



Sheila is a wife and mother to two daughters in college. She worked in corporate business roles for 26 years, and now is a consultant helping companies bring God's love into their workplaces. Her interests include centering prayer and the power of integrating silence and pause into daily life.

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LIVING YOUR STRENGTHS

Coaching for Growth

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KATHY BARTLETT

Gallup Trained Strengths Coach

Relator, Maximizer, Strategic, Learner, Intellection

As a former Recruiter and Outplacement Counselor, Kathy has helped hundreds of people navigate challenging employment waters by drawing out their talents, strengths and transferable skills to create new and alternative employment pathways. While in business as a Corporate Vice President of Human Resources, Organizational Development and Quality, she was the internal consultant to the Presidents of the seven manufacturing facilities while being highly sensitive and effective in Labor Relations. She was the corporation's chief negotiator for three unionized facilities. Kathy possesses a unique ability to ask deep probing questions and think outside of the box to bring out the best in people and situations.

Kathy is a founding member/parishioner of St. Matthew . She was hired part time in 1987 as the first Music Director. Family challenges (divorce, annulment, challenges and issues with children/teens/young adults, remarriage, blended family, serious parental health issues, etc...) along with a spiritual conversion during a Cursillo retreat in 1998, led her to leave her business career in 1999 to work full time for the church. She is now the Director of Liturgical Ministries and Music for St. Matthew. This includes 12+ ministries and well over 1,000 ministry volunteers within the Worship Commission. She serves on the Engagement Committee and was part of the first team who initiated Living Your Strengths and Engagement concepts within St. Matthew. She was one of the first four Gallup trained Strength's coaches and has coached well over 100 parishioners to date. She was on the first team to create and develop a St. Matthew small group DVD based Lenten series and was the primary writer/producer of "The Puzzle of Life – Finding my peace". Kathy currently leads the Core team for the annual Seeking Purpose Retreat (Discerning your spiritual gifts) and is a Catherine of Siena trained interviewer/discernment coach and teacher.

She is married to Dan and has 4 children, 2 step-children and 9 grandchildren and counting.

"I have always been drawn to bring out the best in myself and others and to help/challenge people to rise to new heights. But even more importantly, how to develop and deepen my own spirituality and relationship to Jesus and help others do the same while listening for God's voice and discerning and doing HIS will. To be the best God created us to be; there's the ultimate in new heights."

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