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## The Gathering

*A Celebration of Tao and Defiant Women Everywhere*

*March 2008*



Dear Tao and defiant women,

Last month I introduced you to Suzanne Caplan of WOMENetcetera.

We continue working together as we bring our individual styles and statements to women around the country.

Please remember to check out her website at [www.womenetcetera.com](http://www.womenetcetera.com)

Another energetic and insightful woman that I am fortunate to know is the subject of this month's newsletter.

This woman is Barbara Scala, and I am proud to be one of her colleagues, working with her in many diverse ways.

She is the driving force behind our Dream Team monthly podcasts [http://bloomonline.com/?page\\_id=159](http://bloomonline.com/?page_id=159) - check it out and

see our take on *Turning your Dream into a Goal*.

And now on to this month's edition of The Gathering!

CJ

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This month's Gathering features:

- The Wisdom of the month
- Meet Barbara Scala
- A listing of my March travels – Please come say hello when I'm in your part of the country.
- Two very special events
- A few final words

Spread the word – please remember to forward this issue of THE GATHERING to your friends!

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### MARCH'S WISDOM OF THE MONTH

A man has to be Joe McCarthy to be called ruthless.  
All a woman has to do is put you on hold.

-Marlo Thomas

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### MEET BARBARA SCALA



After running many self-help workshops, conferences and social functions, Barbara Scala noticed the people who eagerly attended these events had been through or were going through a life transition. They were seeking a new career, a new relationship... a new life.

Barbara was reminded of her own experience after her big life transition; a divorce. She was a bit terrified at the thought of going it alone into uncharted territory and knew that support was an essential ingredient for anyone to successfully make it through a transition. "We all need some guidance, support and inspiration specific to our issues when we experience a life transition, and coaching is one of the best ways to move you forward in your life."

Trained as a mediator and attorney, Barbara draws from her professional background in her life coaching practice to understand your situation and to add insight into creating a life beyond your life transition. She also uses her experience as a realtor and draws from a degree in finance to help with career and lifestyle changes, as well as midlife, health and so many more life transitions. Facilitator and panel mediator of *Jump Start Your Career and Achieve Your Dreams*, Barbara is also at the pulse of career opportunities and what people are searching for as they explore life-work possibilities.

Barbara's extensive experience with women's programming and building community as head of *WomenWorks in Progress* in 2001 to 2005 rounds out her diverse knowledge especially in the area of women's issues. In 2005, she co-founded *Women's Images: Inside and Out*, a full day conference exploring and celebrating women, and has an extensive network and pool of resources to guide you through any situation.

Barbara's personable style, energy, holistic approach and ability to empathize is what makes her a dynamic coach. Living in Connecticut and raising two teenage children, she lives a fulfilled life and enjoys helping others Bloom.

Barbara is a certified Life Transition and Divorce coach,

co-author of [Sanity Savers: Tips for Women to Live a Balanced Life](#) ,

editor and creator of [BloomOnLineMagazine](#) at [www.bloomonline.com](http://www.bloomonline.com),

hosts the Dream Team podcast on Bloom Talk also on [www.bloomonline.com](http://www.bloomonline.com) ,

and writes her ongoing column *Divorce Ain't So Bad After All*, as well as, various blog articles for Bloom.

See her other website [www.bloomafterdivorce.com](http://www.bloomafterdivorce.com).

Barbara is hosting a exciting event in April - please check it out [below](#)

Talk about energetic and vital - that's Barbara and I am so pleased to have introduced her to you today!

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### MARCH TRAVELS

Mostly I'll be traveling with "our" Connecticut Huskies women's basketball team as they work their way, hopefully, toward the 2008 NCAA championship.

GO HUSKIES!

However, I will be doing some work:

TUESDAY, MARCH 25, 2008 - 10:30am  
NEW CANAAN

Darien Community Center  
123 Heritage Hill Road  
New Canaan, CT 06840

Keep checking the [Travels Around the Country](#) page of this website for current updates.

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## TWO VERY SPECIAL EVENTS

APRIL 2008

### **Ignite Your Potential!**

**A Retreat for Decisions & Transitions - April 26th to 27th**

Join Bloom's Barb Scala and Kari Henley of Gather Central as they present a phenomenal weekend dedicated to you. This retreat is the ultimate mini get-a-way with life transforming programs for revitalization and rejuvenation, especially if you are:

- **At a turning point in your life?**
- **Questioning your career or relationships?**
- **Feel stuck and can't find the answers of what to do next?**
- **Want to gain life balance, clarity and a new direction?**

On Saturday, pamper yourself at [Water's Edge Resort & Spa](#), a classic, turn of the century New England shoreline estate with breathtaking views overlooking Long Island Sound with its own private beach. Spend the afternoon settling in and unwinding by taking a beach stroll, indulge in spa treatments to help center your body, or just simply enjoy the views and relax. At night, get to know one another and engage in a cutting edge program to help you set your intentions and move forward in your life. Spend Sunday, at a nearby horse ranch retreat, SomeDay Farm, complete with a labyrinth walk for emotional balance and a Native American sweat lodge to purify body and spirit.

This retreat includes:

- **Overnight stay at Water's Edge**  
Amenities include use of the fitness center, indoor pool, private beach and The Shops at Water's Edge. Spa treatments booked separately through Water's Edge Spa for additional charge. Please call and schedule in advance for availability. Rooms with water views also subject to availability. Please request when booking. Dinner on your own on or off the premises or at the reserved retreat table at The Restaurant at Water's Edge (dinner not included in price).
- **Saturday evening group program**  
Clarify your purpose, build camaraderie with other women who are also seeking inner

guidance and create awareness to move forward in your life with vitality and power.

- **Full day Sunday program at SomeDay Farm**

Group program, labyrinth walk, sweat lodge ceremony, continental breakfast (at Water's Edge), lunch and light dinner fare (at SomeDay Farm).

- **Pre and post retreat coaching sessions**

One-on-one individual phone conversations with either Barb Scala or Kari Henley for additional personalized attention and support before you come to the retreat (to establish your starting point, intentions and transitions and fill you in on what you can expect) and once the retreat is over (how you can continue working on your life decisions and goals).

*"You will leave with a new sense of center, peace and grounding to ignite your potential!" Barbara Scala and Kari Henley*

Saturday to Sunday ▪ April 26th- 27th  
Water's Edge, Westbrook, CT

EARLY BIRD SPECIALOFFER if you register by March 15th!

<http://bloomcoach.com/happenings.htm>

JUNE 2008

## ~Healing through Connection~

### ~4<sup>th</sup> Annual Women's Retreat~

*Incarnation Center, Ivoryton, Connecticut*

*June 13-15, 2008*

*Presented by Donna F. Ferber, LPC, LADC, psychotherapist and author of*

*"From Ex-Wife to Exceptional Life: A Woman's Journey through Divorce"*

*with Margaret Kirschner, Kripalu Yoga and Meditation Instructor.*

Please join us for this very special two night retreat. Through connection and introspection, we will draw inspiration from Natasha Bedingfield's words

"The rest is still unwritten."

The Retreat will be held at the Incarnation Center in Ivoryton, CT. We have exclusive use of a lodge, complete with a fireplaced community room, deck and kitchen. Bedrooms are located off the main room. The Retreat will begin officially on Saturday morning at 7:30 AM, but you can arrive on Friday night between 6-9 PM for informal connection and relaxation. The retreat

will end on Sunday morning at 10 AM.

Incarnation Retreat Center is set in a lovely wooded area of Ivoryton. The facility offers many wonderful areas for self reflection and relaxation including ponds, lakes, hiking trails and an animal farm.

The cost per person-double occupancy is \$285.00. This includes all facilities, activities and four meals. For a single room add \$75.00. (These are limited) There are ample community bathrooms. There is also a "commuter option". The charge is \$175.00 and includes four meals.



**[For a printable registration form, click here](#)**

**Registration form** (enclose with payment). **Space is limited!** Please register early!

Name.....

Address.....

Telephone.....

E-Mail.....

Please specify accommodation preference and if you prefer vegetarian meals. You may reserve your place with a deposit of 50%. Final payment is due by May 15<sup>th</sup>, 2008

**Make checks payable to Donna F. Ferber, LPC, LADC, LLC**

**322 Main St. Farmington, CT 06032 860-678-8855. Or you can register and pay on-line at [www.donnaferber.com](http://www.donnaferber.com). You will receive a list of things to bring with you approximately two weeks before the retreat.**

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### A FEW FINAL WORDS

It's so exciting and fulfilling to use The Gathering as a vehicle with which I can introduce you to the some of the amazing women in my life. And I know from your emails and calls that you are totally enjoying "meeting" them.

I bet you have such women in your lives that inspire you in the same way Suzanne Caplan and Barbara Scala inspire me. Why not let me know about them so I can feature them in future newsletters? After all, this is one of the best parts of being a 'Tao and defiant woman - meeting other Tao and defiant women; learning from them and sharing their wisdom.

Send me an email and let me know who you'd like to see featured.  
[thepath@taogirl.com](mailto:thepath@taogirl.com)

CJ

