The Kindness Movement

Late this summer, Karen Hoffman, the founder of Gateway to Dreams, and Debbie Josen- dale, founder of Captivate & Co. started meeting to support each other to work on their own personal branding. Along the way, Debbie helped Karen work on her personal dream. In 2000, Karen read the book, Pay it Forward by Catherine Ryan Hyde, and ever since, felt it really could be possible to help change our world to be more loving and kind. In the book, Catherine came up with a mathematical formula and the use of kindness. Each person would help three people in their lifetime, asking those three people to help three more people. Karen felt so strongly this dream, that she helped bring author Catherine to St. Louis in 2003 to speak at several events, Karen became part of the Pay it Forward board. In working with Debbie, Karen realized along with paying it forward, how important kindness is to her in all aspects of her daily life. Together, Karen & Debbie planned a one month experiment that launched on February 1st, called Gateway to Kindness. They are inviting the St. Louis community to join in this goal with their own acts of kindness. Their lofty goal is that the community performs 20,000 acts of kindness in February. An act of kindness could be:

• Opening a door
• Buying a coffee for a stranger
• Donating or volunteering time
• Sharing an idea or an introduction to help someone
• Doing something unexpected

For Karen, this kindness movement is also a way to celebrate life. Twenty years ago, in February 1997, Karen was diagnosed with stage 3 ovarian cancer. By inspiring 20,000 acts of kindness, Karen feels it can help the community she loves focus on what is possible and help her celebrate how blessed she is to still be here.

Ironically, Debbie gave Karen a list of things to research about kindness and Parade Magazine’s cover story in the December 30th issue, was all about kindness. For several months, Debbie Josendale has championed Karen and her dream. Will you join Debbie and Karen? Will you consider championing her dream?

Every day, for 28 days, or until they reach 20,000 acts of kindness here in the St. Louis area is Karen’s dream. Join us... consider doing an act of kindness every day and share it on Facebook.

Kindness is contagious. Help spread it around!

Quote of the Month:
“Dreams uncover possibilities...Possibilities create ideas...Ideas offer hope... Hope inspires action” Karen Hoffman
Don’t Miss This Marketing Opportunity For You And Your Business!

Would you like to have your company featured in the Dream Spotlight? Every month we will feature a member and their business for a low fee! Contact Diane Carson at diane@promoxpertz.com for complete information if you would like to be the next featured dreamer!

Monthly Dream spotlight:
Member: Jennifer Mazella CPC, ELI-MP
Email: CoachJennifer@thespecialedparentcoach.com
Website: www.TheSpecialEdParentCoach.com
Phone: (636) 484-0312

What is your background? Jennifer Mazella has been navigating the Special Education system for over 10 years. What began as a journey to radically change her own special need child’s education experience grew into a desire to help other families navigate the Special Education process more effectively. She has had extensive education in Counseling, Social Work, Leadership & Parenting. Jennifer has authored 3 books: This is not what I signed up for! One parent’s crazy journey through Special Education (2014) The Special Education Parent Coaches Handbook for Parents (2015) and My Father’s Daughter (2016). Her ultimate goal is to change the future for special need children and their families one parent at a time. When not coaching, advocating and educating her clients, she enjoys spending time with her husband, 3 children, 2 cats and 2 dogs in what she affectionately refers to as The Mazella Madhouse.

What is your current business? I am currently the CEO and Founder of The Special Education Parent Coach LLC and The Special Education Parent University LLC. In 2017, I am launching Quantum Leap Leadership Development Company.

How did you find G2D? I was introduced to Gateway to Dreams when I attended a media event. Soon after I attended a Dream Tank event and was hooked!

How has G2D impacted you? IGateway to Dreams has given me a safe place to share my vision for the future without fear of being criticized or having my ideas laughed at no matter how big the dream is. The other members operate at such a high level of energy that you can’t help but to be lifted up when you attend an event. Whether it’s a Dream Tank, Connecting and Promoting Women meeting or anything in between you will always find a listening ear and a group of powerful collaborators to run ideas by and to gain support and encouragement.

Jennifer’s dream list: 1. Successful launch of my new leadership and personal development brand. 2. To walk again after suffering a severe knee and leg injury.

Coaches Corner: Sandy Tomey

The Love Luminary
Sacred Journeys Coaching
Love and Relationship Coach
Sandy helps single, divorced professional women heal from their past heartache, reconnect to their inner wisdom, passion and purpose so they can manifest the Ultimate Love of their Life!
Her “Being the One” individual and group coaching and healing programs have helped many women in the St. Louis area meet and marry their soul-mate and Spiritual Partner! Attracting your Spiritual Partner is about raising your vibration to the level of unconditional love, so you can BE the love that you are seeking!
Sandy is active in supporting other coaches as Vice President of the St. Louis Chapter of the International Coach Federation (ICF).
She is married to her Soul-mate Steve, and is Mom and Step-mom to 3 wonderful young adults!
My Favorite Coaching Tip:
Deep inside every “failed relationship” is the gift of opportunity- a chance to learn, grow and discover the magnificence of who you truly are: Purely and simply, Love!
Take the “Love Energy” self-love quiz at www.TheLoveLuminary.com or Call Sandy at 314.322.5052 or Sandy@TheLoveLuminary.com.
Member Events

One of the benefits of membership at the upper level is that you can hold events at the Business Lodge!

Here is a list of member events coming up in February:

Your Collaborative Board
02 Feb 2017
9:00 AM - 11:30 AM
Business Lodge

Alternative Cancer Therapy support - Karen Garcia (F)
05 Feb 2017
1:00 PM - 3:00 PM
Business Lodge

How Business Women Lose Weight workshop - Amy Latta (b)
07 Feb 2017
10:00 AM - 12:00 PM
The Business Lodge

Kickstart Marketing Workshop - Diane Carson (B)
08 Feb 2017
10:00 AM - 12:30 PM
Business Lodge

Vendor Event - Tracy Mueller
11 Feb 2017
9:00 AM - 2:00 PM
Business Lodge

WOYBN - Social Media Work on Your Business Session
13 Feb 2017
10:00 AM - 11:30 AM
Business Lodge

Experts 4 Entrepreneurs (b)
15 Feb 2017
7:30 AM - 11:00 AM
Business Lodge

Dream Tank (F)
16 Feb 2017
1:00 PM - 2:30 PM
Gateway To Dreams, Chesterfield Mall
(Registration limit: 50)

Connecting & Promoting Women (whole lodge)
28 Feb 2017
8:45 AM - 10:30 AM
The Business Lodge, Located in Chesterfield Mall at the Sears

To see ALL Member events for December visit. www.GatewayToDreams.org and click on the calendar tab on upper left side of website.

http://www.gatewaytodreams.org/
Do you have a dream? Are you longing for “something better” in your life, but aren’t sure how to make it happen?

Our community of dream champions is here to provide the support you need to uncover your dreams AND help you put a plan in action to go for your dreams!

It’s been said that a dream without a plan is just a wish. Gateway To Dreams believes that when you know and express your dreams and goals, people will help you achieve them! Whether your dream involves life, career or business, Gateway to Dreams can help you put a plan into action with the connections, resources and guidance to take your dream from wish to reality.

Gateway To Dreams is a collaborative, non-profit community created to facilitate positivity and possibilities in the St. Louis Metro Area. We are committed to helping people flourish in all areas of their lives. Whether it’s personal, career, or business, we provide the comprehensive resources of expert coaching, mentoring, targeted programs, and strategic connections necessary for dreamers to pursue AND achieve their dreams.

**We believe:**
- There is power in community
- There is hope in coming together to support one another
- The possibilities are endless when we stop focusing on obstacles to success and seemingly insurmountable problems and develop a solutions mindset – paying it forward and generously sharing who we know and what we know with each other to make dreams come true

Pictured is just a part of this dream community, the dream movement that first began meeting weekly in July 2013.

February 2017

Gateway to Dreams is located in Chesterfield Mall, next to Dillard’s on the lower level.

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