

# CHOICES, Coaching and Consulting

## Your answers all lie inside

By Julia Jaegersberg

Life will get messy for all of us at times. But why do we wallow in the mess? Sometimes all you need is a nudge to get you out of the muck of life. That's where Krista Morrissey steps in and helps us see the gifts we already have to help us move past the muck and get unstuck.

"I am a professionally certified life and leadership coach, organizational development consultant, public speaker and facilitator," explains Krista. "After working at Quad/Graphics for 29 years leading continuous improvement, leadership development and coaching individuals to their personal and professional goals – domestically and internationally – the universe pulled me in a different direction. It was time for a change. I love making a difference in peoples' lives by partnering with them on their journeys of personal or professional changes, helping them to become better versions of



themselves. I knew I could and wanted to do this for a living – so in 2014 I launched CHOICES Coaching & Consulting."

### From 13 to 75 years old

Certified in emotional intelligence, FranklinCovey's The Speed of Trust, Myers Briggs Type Indicator and project management, Krista set out to change lives applying all that she had learned through the years to serve individuals, athletes, teams, organizations, businesses and families.

"I believe we all have been given gifts and we are to use these gifts to make the world a better place," explains Krista. "And by world, I mean your little corner of the world and where you are in it. To do this, we must possess a keen understanding of who we are at our core. We achieve this understanding of self through the Inside-Out Journey of Discover Thy Self, Know Thy Self, Grow Thy Self, Lead Thy Self. It doesn't sound sexy, but it is sexy when individuals truly understand who they are, embrace who they are and live who they are. Giving one's gifts to the world – is incredibly powerful."

### Making the magic happen

When Krista works with businesses and corporations, depending on the initiative, they meet onsite or offsite. However, group teambuilding retreats and strategic sessions work best offsite at retreat centers. For individuals, she lets them choose a location that feels safe and fits their style like coffee shops, libraries or business locations. "When the weather is nice, I prefer to go outdoors and walk in parks and on trails, to use nature," she says. "Movement opens people up. Even using flip charts to draw or having 'recess' in the work environment works to free people so they can express what is here: mind, body, spirit, emotions. All this gets people closer to their inner circle. This is where the magic starts."

Krista realizes one of the most powerful things she can do for her clients is to ask questions from the outside, so you can answer them from the inside. "I am aggressive, not a lot of sugar," she states. "I am your truth serum, and will serve as your fog light and mirror for self-reflection. Self-reflection is critical to self-growth. You hire me to understand your situation and to guide you from where you are to where you want to be, but you have all the answers you need, which many times simply gets buried in life. We uncover your answers together and move you forward. The

world needs what you have. It would be a shame not to share it. Not to leave your mark on the world."

### A family of boys in Merton

Krista calls the Lake Country area home. She jokes that she has three boys, four, if you count her husband! "One of my sons married recently, so we now have our first girl! I cherish every moment we can all be together. I love that I now learn from my young men. What fun!"

### Improving the world one person at a time

Krista says that she holds the heads, hearts and souls of her clients in the palms of her hands. Her clients trust her with their most intimate selves, which helps them to uncover, discover and grow. She has a tremendous responsibility to each and every one, and to the profession of coaching.

"Whether I am in a business environment working with a group of people or walking one-on-one through a park with a client, I am truly invested in each person I am working with," she shares. "It's people who make a difference in the world, so that's I why I am here to help."

"My true inspiration comes from being aligned with who I am and using my gifts to make the world a better place," concludes Krista. "I am right where I am meant to be. I'm excited knowing I can help others find who they are and set their directions in life and business. The strength, courage and stories of individuals amaze and inspire me every day. They make me want to be better. For this I am blessed."

To connect with Krista call 262-442-4303, email [krista@choicescoachingconsulting.com](mailto:krista@choicescoachingconsulting.com), visit [ChoicesCoachingConsulting.com](http://ChoicesCoachingConsulting.com) or follow her on Facebook @ Choices Coaching & Consulting.



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