

Review of Borders Workshop Event

Changing for Good

*A Revolutionary Six-Stage Program for Overcoming
Bad Habits and Moving Your Life Positively Forward*

Presented by Dr. Kimberly Smith Martinez
www.envioyourdreams.com
May 18, 2006

Review Written by Wendy Geisler



On the evening of May 18th in a little corner of a Borders bookstore in San Antonio, TX a “happening” occurred. What began at 7P.M. with approximately 25 in attendance quickly grew to at least 50 before 7:30. True...the topic was very catchy...“*Changing for Good*”, a book authored by Prochaska, Norcross and Diclemente.

It may have looked like an ordinary book review was going to happen there. But the presenter was Dr. Kim Smith-Martinez. And what she offered was truly an eye-opening workshop. Did I mention it was a 2-hour gratis workshop? “Dr. Kim” does not have a loud belting voice. She didn’t use a microphone. And yet, not a word was



missed. The topic was so poignant to us all. Who doesn’t have a habit they want to change? Who doesn’t have a little voice inside their head that keeps saying, “I’ve got to stop doing that!”...Or more to the point...“Why **can’t** I stop doing that?”

Her presentation and personalization of the subject matter into an extremely “user friendly” approach made it crystal clear to all, that there are several steps to be taken in order to succeed in making changes. “Readiness” is the key. She taught us how to assess readiness, self-

evaluate readiness, prepare for readiness, take action for change and maintain change.

As a nutrition coach, I confront these challenges with my clients every day. Wanting something doesn’t make it happen. Many of my clients were part of the audience and thoroughly enjoyed the workshop. But the best thing to be gleaned from the presentation was the practical application of these skills towards all sorts of obstacles in our lives.

As coaches, we often discover we have the same challenges as the clients we coach. We’re only human, after all. Everyone can benefit from the principles of this book as well as the book ‘*The Right Questions*’ by Debbie Ford, also introduced by “Dr. Kim”.

This event was not only worthwhile for the overt benefits previously mentioned. Those SAPCA members in attendance were introduced and offered a moment to speak. Several future presenters were in attendance and were given the opportunity to speak as well. It stirred much interest, excitement and awareness about coaching and SAPCA. Many attendees were busy writing down dates of future events.

I commend Chris Lucerne in making the Borders events possible and to her committee members, David Flack and Michele Henkle-Irean for all their efforts as well. It truly was a great success.

Yours truly,

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