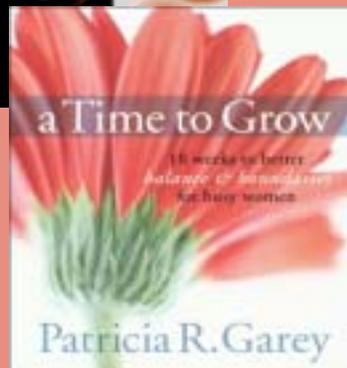


Meet Patricia Garey



Biography

Patricia Garey



Patricia Garey, businesswoman, Christian, wife, and mother, is an experienced career consultant and talent agent. She recently authored her first book, titled *A Time to Grow*, which is a day-by-day, inspirational guide and nurturing program for women caught between the demands of a fast paced career and a growing family.

Patricia has helped thousands of creative professionals redefine their goals and expand their careers through workshops, seminars and one on one counseling. Patricia is the founder and former CEO of Creative Resource Systems, Inc., an employment agency specializing in creative/technical talent. Patricia works as a counselor with a Chicago outplacement firm, helping professionals, from diverse industries, navigate today's tumultuous marketplace.

In 2002, Patricia and her actor husband Richard Garey established Heritage Stage Productions, a National Heritage Foundation supporting the arts. Because of their belief that art thrives in community they have developed

local networking groups for artists, called AAIR, where artists, actors, writers, and musicians, have an opportunity to interact with other artists in an environment of positive critical feedback. Patricia was awarded an Ohio Governor's Award for her outstanding support of local artists.

Patricia and her husband, Richard, live in Illinois with their youngest daughter and a little black 'lhasa-poo' named Sparky. Four adult children and two adorable grand daughters round out their blended family.

What People Are Saying About Patricia Garey

“I came to know Patricia Garey best during the meetings of our ‘Arts Group’ in Freeport, Maine. While affirming other people’s artistic endeavors, she was invariably bursting with creative ideas of her own. As she described her latest project, from writing to painting, her excitement and enthusiasm were infectious. Pat brings those same uplifting, mind-expanding qualities to her speaking and would be an excellent presenter at campmeetings and weekend retreats. Her new book, ‘A Time to Grow,’ has been a labor of love for Pat, and is packed with insightful, get-you-through-another-day nuggets from her own study and experience.”

Kim Allan Johnson, author of “The Gift” and “The Morning”

“Patricia Garey has the energy of youth and the wisdom of age. What a powerful combination. Not only has she experienced life to the fullest (the challenge and the success) she has actually learned from her time in the whirlwind. With great creativity and passion, she communicates in writing and speaking the journey she is on, with God as her partner.”

Dr. John B. Rapp, Senior Pastor, Hinsdale Adventist Church

“Patricia Garey is a vivacious, enthusiastic speaker who shares from her heart and soul. She has the ability to touch every emotion and make the love of God come alive in your heart. Her sense of humor and laughter are a bonus to her being a great public speaker.”

Lynne Hamm, Women’s Ministries Director, New York Conference

“I attended a two-part workshop presented by Patricia Garey. It focused on finding your passion and purpose in life. The exercises used gave me new insights into my life’s passions. I have done considerable assessment of my life prior to this and found Patricia’s seminar to bring clarity in new ways. The portion of the workshop on my life purpose brought together a number of strands of my life into a more focused direction. Patricia is engaging, insightful and compassionate in her presentation. I would encourage anyone to attend who wishes to gain insight and clarity into their life’s passion and purpose! It is a great way to spend an afternoon. My only disappointment related to my desire for more time to share and reflect.”

Leslie Bumgardner, Associate Pastor, Walla Walla College Church

“Patricia Garey’s seminars have been very well received. She has spoken on *Finding Your Wings*, which not only includes your spiritual giftedness, but connects your gifts to your natural passions in life. Women particularly appreciate her seminar *Balance and Boundaries*. It not only is relevant to where people live, but comes from lived experience. We have been very blessed by her inspirational speaking ministry.”

Patricia Treft, Women’s Ministries Director, Illinois Conference, and Chaplain, La Grange Hospital

Workshops, Seminars and Presentations

Invite Patricia Garey to speak at your next event.

Patricia Garey's workshops are interactive exercises in self-discovery and creativity. Patricia challenges participants to uncover their dreams and their birthright gifts. Her seminars and speaking presentations challenge both men and women from all walks of life to recover their dreams and redefine their limits.

Finding Your Wings

Some careers take off while others just sputter along. Often the most talented aren't the ones that are excelling wildly. Experienced career consultant, Patricia Garey has helped thousands of professionals expand and redefine their careers. In this workshop participants learn how to uncover their own birthright gifts and sever the tethers that keep them earthbound. A two-part workshop, 90 minutes each.

The Alchemy of Broken Dreams

Failure is not something we are taught to embrace and cherish. However, failure is an integral part of a fully realized life. In this workshop participants learn how to move beyond their fear of failure and claim their dreams; practical advice on how to survive the grief and loss associated with failure; most importantly how falling into the arms of grace transforms the dross of our failures into God's glory. 90-minute workshop.

Fashioned From Eternity

A glimpse of the great Creator God as described in Proverbs 8; the Creator who employs the raw material of 'eternity' to fashion his creations. A celebration of the joys of living a creative life. 35-minute presentation appropriate for arts conferences, spiritual retreats, and career focus seminars.

Wives & Warriors, Mothers & Merchants

A contemporary look at our spiritual role model, the Woman of Noble Character, praised in Proverbs 23. An exploration of the callings God has extended to women to become extraordinary, wives, warriors, mothers, merchants, prophets and beauty queens. Refreshing discussion of the many choices available to today's Christian woman. 35-minute presentation especially appropriate for women's conferences and seminars.

Real Women Don't Look Like Barbie!

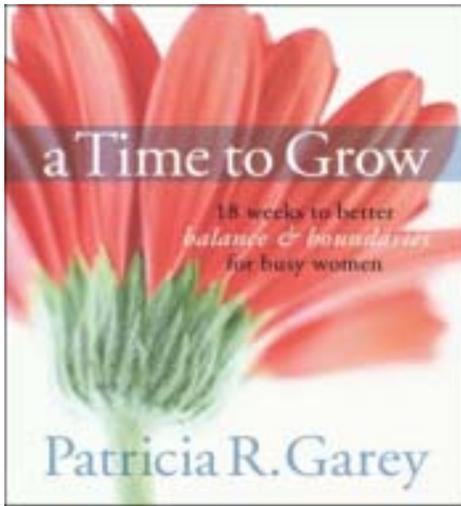
Using four Biblical Queens, renowned for their beauty and wisdom as role models to illustrate the rich diversity of true beauty contrasted against our contemporary 'cookie cutter' culture. The presentation includes a frank discussion of toxic self-imaging, real body types, and the development of a unique personal style. Practical advice on how to look, feel and exude beauty. The presentation includes an upbeat fashion show using real women. 90-minute multi-media presentation and fashion show. Great for women's conferences and evening entertainment.

Patricia Garey can also customize a presentation or workshop for your event. For more information, email her at patriciagarey@hotmail.com or visit her website at www.patriciagarey.com.

Book Synopsis

A Time to Grow

18 Weeks to Better Balance and Boundaries for Busy Women



Out of her own quest for balance and fulfillment as both a businesswoman and a homemaker, Patricia Garey writes compassionately and knowingly about choices, challenges, personal boundaries and finding a spiritual center in her book *A Time to Grow*.

This book is a potpourri of inspirational thoughts, creative ideas, professional resources, relationship building exercises, and homemaking tips to make life more manageable.

Patricia writes:

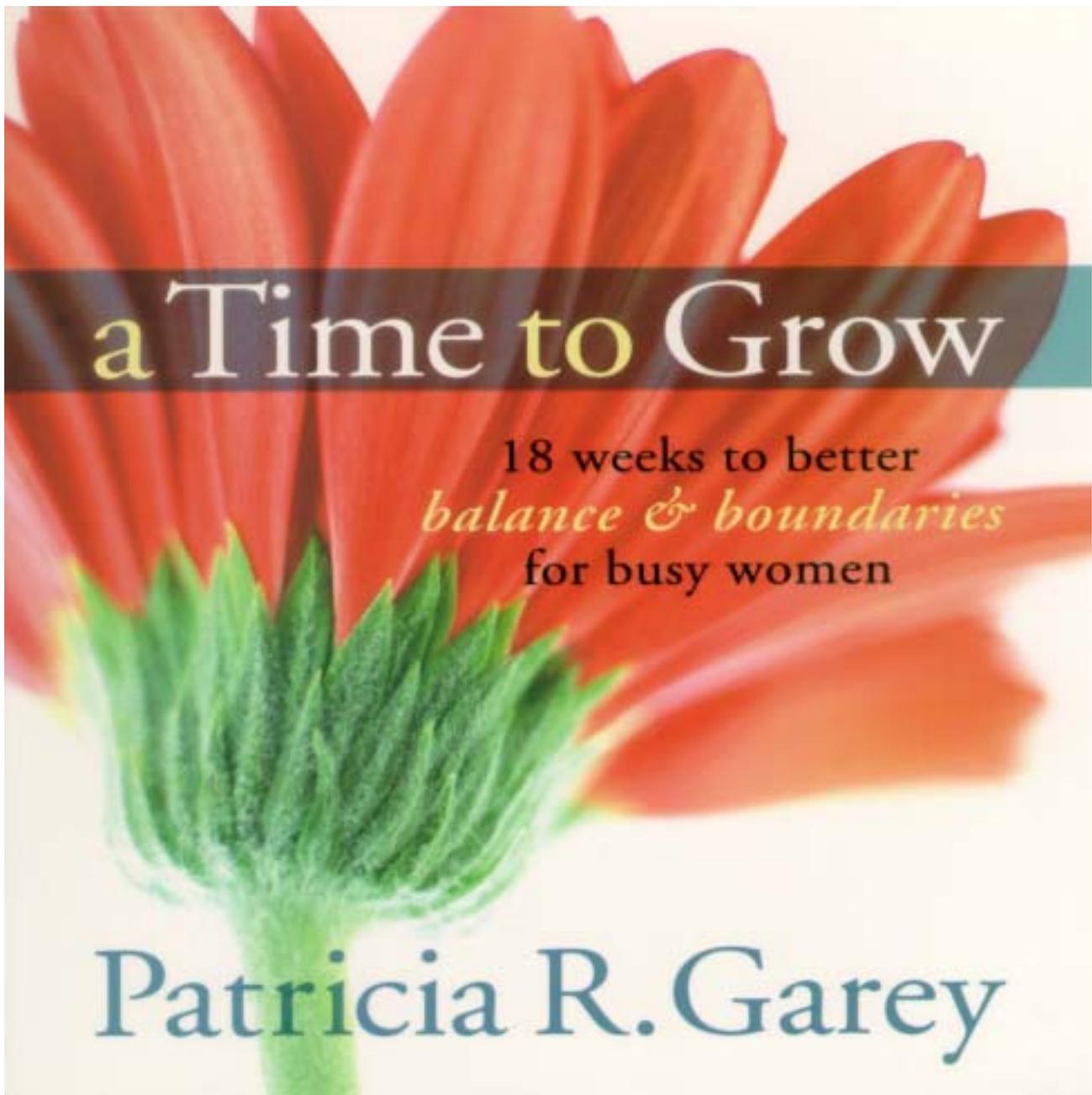
“Like many women of my generation, I have struggled to balance family, church, career, and my personal relationship with God. But as both my family and my career expanded I began to feel more and more like I was rushing from one crisis to the next.

The small consulting business begun in a corner of our bedroom grew to four offices with employees in several states. What started out as a stay at home job with flexible hours had turned into a demanding juggling act. Most days I felt like I had not served anybody well, least of all myself.

In the wee hours of the morning the discouragement and guilt would close in. My mind would race through lists and lists of things I should have done. I was convinced that if I could work just a little bit harder tomorrow it would make everything better. During those bouts of insomnia it never occurred to me that I didn’t need to learn how to work harder but how to enjoy life more...

I reluctantly recognized my increasing insomnia as a warning sign. I wondered if I had boundary issues. I couldn’t remember the last time I exercised, or read a book, or spent some time alone. When would I find the time? Was taking care of myself really the last thing on my to do list? It was obvious that I needed to make some changes before I totally compromised my health and emotional well-being. As I started to make self-care a priority I was surprised to discover a wonderful resurgence of creative energy and more importantly joy. I have come to realize that striving for balance is a daily commitment.

In writing this book I have attempted to encourage women to stop and smell the roses. *A Time to Grow* is 18 weeks of resources and spiritual meditations for busy women. *A Time to Grow* draws on “the garden season” as a metaphor and source of inspiration although the personal journey outlined in this book can be started anytime.”



a Time to Grow

18 weeks to better
balance & boundaries
for busy women

Patricia R. Garey

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