

**Table Grace** creates space for life-giving transformational conversations, story-sharing, and resourcing. Participants in **Table Grace Partner Conversations** will clarify where they have been, where they are now, where they want to go, and who they want to be. The result is greater clarity of next steps with a purposeful commitment to abundant life for all.



*Sessions facilitated by Carol Wilson as Conversation Partner and Guide.*

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**Individual Partner Conversations for Abundant Life** are designed, in the spirit of coaching, to help you take next steps in thriving.

**These conversations are for** those seeking to stay healthy for the long haul, who may find they are both dedicated and tired and experiencing blocks to their best efforts.

**Conversations may consist of the following:**

- Identifying various personal and cultural stories that influence our sense of possibility
- Utilizing practices of mindfulness, discernment, and self-care
- Sorting through complex or conflictual situations
- Identifying patterns of experiences
- Exploring the dynamics of systems at play
- Providing resources related to identified interests and new opportunities

**Individual Partner Conversations** are customized to particular individual interests. They are grounded in the belief that our most powerful life moments often come as emerging wisdom as we give time and attention, sit together and share, and deeply listen with no formalized pre-determined outcome. They will create space to hear deeper wisdom through sharing and listening for the purpose of developing a path that moves toward abundant life. They are intended to meet you where you are and explore with curiosity and encouragement. They can occur by Zoom or in person.

To determine whether **Individual Partner Conversations** are a good fit for you, email [CarolWilsonTableGrace@gmail.com](mailto:CarolWilsonTableGrace@gmail.com) or submit a request through [TableGracePartnerConversations.com](http://TableGracePartnerConversations.com) to schedule a complimentary 30-minute introductory call.

Once you and Carol determine your desire to partner together, you are asked to commit to a four-session package of one hour conversations which can be scheduled at a pace appropriate to your particular needs. Additional sets of four sessions can be scheduled as you determine together and single-session reflection sessions are also available following the first set of four.

Fees are \$100 per hour for the multi-session packages, and scholarship assistance is available. *Table Grace Partner Conversations are designed with you and your particular needs, interests, and budget in mind.* Fee inquiries are welcomed to accommodate your budget needs.

While Carol's vocational experience makes her especially suited to work with ministry professionals, she welcomes inquiries from anyone interested in Individual Partner Conversations.



**Carol Wilson**  
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[CarolWilsonTableGrace@gmail.com](mailto:CarolWilsonTableGrace@gmail.com)  
[TableGracePartnerConversations.com](http://TableGracePartnerConversations.com)