**Kristen Bentley** 

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My name is Kristen Bentley.

I have a dream – My dream is for every human being to live and lead life, defined by them. I want people to know who they are and love who they are. I want them to discover what they are here for, where they are needed and I want them to authentically and powerfully answer the call.

{As a result of being an Optometrist and self-employed for 16 years, my formal resume is not robust, so I made this resume my own, highlighting some things from my past that I thought you should know about me and how I have been training to be a Leader for Leadership. I hope you enjoy!}

Education Experiences:

* As a beauty (and so much more), I made friends and saw the good in everyone. I was friends with people that no one else would be friends with – I saw their light (and I loved it).
* I was the class ‘Chatty Cathy’ (now my curious crew member) and occasional mischief maker (she was called back in at R3 with the mirror/’Be with’ exercise and a bit of a food fight ensued with other Penguin mischief makers.)
* Highschool Student Council – (Fear of stage performance, where I froze in front of 1200 people, was challenged and overcome, with the Variety show at R3 – I slashed that dragon.)
* Gradeshool/Highschool / University Mentor (Students looked to me to reframe/rephrase concepts for increased clarity…My love of learning & second sub-type intelligence surfaced early.)
* 1995 University of Waterloo – School of Optometry – Awards and recognition for Clinical Excellence and Academic Proficiency
* 2011 – 2012 CTI – Core Curriculum, Business Builder, Certification, Leadership, Assisting (I accepted every challenge placed in front of me. I commit(ed) and play(ed) full out. )
* 2011 – 2012 Physician’s Coaching Institute – Certified Physician Development Coach
* 2012 SDI Certified Facilitator for Strengths Deployment Inventory

Work Experience:

* 1995-2011 Doctor of Optometry – Private Practice Owner – Barrie Vision Centre, Barrie, ON, Canada
* 1996 – 2008 Doctor of Optometry – Huronia Regional Centre – government home and institution for disabled adults
* 2011 – 2012 Professional & Personal Coach / CPCC May 2012 (with special interest in Healthcare Burnout, Life Transitions, Certification Coach/Mentor.)
* 2012 CTI Corporate – Healthcare Taskforce – co-leading with Jill Schicter
* 2012 Workshop co-leader – various topics in and outside Healthcare

Additional Experience

* 1989ish – 2010 Helper, Victim, Martyr - Lived a life that I thought I should, lost myself ‘helping’ others, over-planning, attempting to be perfect and live up to some unachievable image set by my ego, tried to ‘go it alone’
* 2010 - 2012 Servant Leader- Living a Purposeful, Meaningful, Resonant Life, committed, connected, Co-Active, in Partnership, responsible, effective, impactful, in community.

Job Specific Skills

* Immense LOVE
* Courage – model of full permission
* Compassion
* Intuition
* Commitment to myself and Commitment to the learning of others
* Connection
* Safe & Courageous Space creator and holder
* Non-Judgment
* Willingness…to fail, to be open, to be curious, to be with, to not get it right, to not look good, to walk my talk, to be vulnerable
* Deep desire to lead emerging leaders
* Deep desire to have impact on the world
* Belief that Life begins at the end of our comfort zone
* My love for humanity, human beings and what they truly desire…

{It is not our fault and yet it is our response-ability.

We are not to blame for and we are not our restrictions, limiting beliefs and perceived identities. See the person in front of you as the *whole* person that they are. See their beliefs, behaviours and saboteur as a separate identity. Have no time for this part and yet have compassion. See that the *whole* person wants to love and be loved. Love and be loved by this *whole* person. See this even when you look in the mirror. See how this changes the world.}

References in CTI

* Henry Kinsey-House, L.A. Reding, Chuck Allen, Lorry Schneider, Deborah Colman, Jill Schicter, Mikell Parsh