

# MENTAL HEALTH COACHING

## Mental Health Coaches and Bios



**Ray Andjeski**

Ray is a retired pest control operator. During his years in the pest control business, Ray developed the ability to listen compassionately to the concerns of his clients and calm their anxieties while bringing them comfort with a more realistic view of their situation. When the opportunity became available to study mental health coaching, it was a perfect fit for Ray. He is a natural encourager with a dry sense of humor, and longs to help people discover their purpose and learn how to be kind to themselves.

Ray has been married to his beautiful wife, Therese, for 42 years. They have three daughters and four grandchildren. Ray enjoys bicycling and golf. He has a long time commitment to his church, and enjoys connecting with others in a warm and genuine way.



**Dr. Jodi R. Burdon DNP, MSN, RN**

Jodi is a passionate nurse leader that has worked in healthcare for 25 years. She earned her Master's Degree in Nursing specializing in Women's Health from Case Western Reserve in 2004 and her Doctorate in Nursing from Walsh University in 2016. She has dedicated her career to Women and Children by working in areas such as Maternity Services, NICU, Childbirth Education, and Fetal Loss and Bereavement. She is now a Certified Mental Health Coach through Light University.

Throughout her lifetime Jodi has experienced much loss through death as well as divorce. Thus, she has a solid understanding of and compassion for the struggles associated with anxiety and grief. She relates to the difficulties of balancing work, life, and motherhood and is dedicated to helping to lift women up during times of need.

For the past ten years, Jodi has been happily married to her life partner and soul mate. She is a mother of three children who are in their teens and early twenties as well as a grandmother of two school-aged kiddos. Although she has been active in church her entire life, she just recently found her home at Christ Church this past year. Throughout life experience and professional growth, she has developed a love for supporting women. She has had many opportunities to coach and mentor others and prides herself in respectfully communicating with each individual in a way that works best for them.

Jodi cherishes her time spent with those looking for support and seeking clarity in their lives. She believes that sharing our stories, struggles, and successes is one of many ways we can support one another as women. Most importantly, please know that your time spent talking with Jodi will be confidential, respectful, and safe. As with all of our Mental Health Coaches, if you choose to meet with her, you will be entering a 100% judgment-free environment.



**Irma Foose**

Related Education:

- BS in Elementary Education
- Certifications from Light University
  - C-MHC 101 Foundations of Mental Health Counseling
  - C-MHC 201 Mental Health Coaching Skills
  - C-MHC 301 Mental and Behavioral Health Disorders

Ministry Passions:

- My primary spiritual gift is Exhortation.
  - Exhortation means coming alongside people to encourage and strengthen them.
  - I have felt called to this encouraging ministry my whole life.
  - And have tried to use my spiritual gift in various informal ways over the years.
- My secondary gift is related, Teaching.
  - Teaching helps individuals through learning and growing.
- I have been involved in various ministries in the Church, for example:
  - New Membership
  - Life Groups
  - Classes
  - Hospital Visitation
  - Working on development of materials for programs

Personal:

- As a last note, I am a mother and grandmother. And great grandmother via my husband.
- My husband and I have been at Christ Church around 35 years.
- In fact, Doc Collings married us 35 years ago this May.



### **Cindy Kaywin**

Cindy has worked as a Business Analyst for the past 25 years in an IT setting. Through her years of employment, Cindy has been referred to as the "cubicle" therapist to so many of her coworkers. She has the ability to listen with empathy, compassion and confidentiality to those who have chosen to open up to her. Cindy has overcome many obstacles in her own life, and with all of that now behind her, she has chosen a path to help others to overcome theirs.

She has a healthy and loving relationship with God that she continues to develop, and has attended Christ Church since 2019 and became a member in 2020.

Cindy is a mother of two adult children, and has two grandchildren that she adores. In her free time, she enjoys taking singing lessons, and loving on her two dogs - Tangaray and Remington.

Cindy completed the Mental Health Certification program through Light University in 2022 and is excited about the opportunity to assist others.



### **Vivian Sickels**

Vivian Sickels, CMHC, Certified Mental Health Coach, Light University and American Association of Christian Counselors CINHC, Certified Integrative Nutrition Health Coach, Institute for Integrative Nutrition

Vivian spent 30 years in the finance and business world before discovering her calling to become a coach. She began her private coaching career in 2015 and has been coaching under her business name 101010 Coach LLC. She primarily coaches groups and individual women in lifestyle changes to improve their health. In 2022, she received her Mental Health Coach certification, and found the practices are similar. Vivian feels her best when she is mentoring others to succeed.

Vivian resides with her husband of 40 years, Dave. They have resided in Berea for over 35 years and love the community and proximity to the MetroParks. Born and raised in Cleveland, they are hoping to relocate at retirement to a warmer climate. They enjoy time spent on the lake, and their darling 4 year old grandson, Enzo.

Vivian has been an active member of Christ Church for over 10 years and participants in many ministries including the women's wellness ministry. Her spiritual gifts of Service, Exhortation and Faith empower her to serve as an effective, compassionate coach.



### **Joanna Sigán**

Joanna is a graduate of The Ohio State University with a degree in Human Behavioral Science and earned a teacher certification in Comprehensive Social Studies. She enjoyed teaching 7-12<sup>th</sup> grades in government, history and sociology. Joanna also worked in the social services field in foster care compliance.

In addition to raising five children, Joanna has also felt the call to come alongside others in difficult situations to share her faith and experiences in walking through difficult seasons of her own life and those of her family. For example, she founded a non-profit organization to assist individuals navigate divorce and child support processes. Teaching has been a consistent theme and important activity in her life. Joanna has been attending Christ Church since 2014 and is looking forward to contributing her experience and strength in the Mental Health Coaching Ministry.

Joanna currently resides with her husband, Jeff and their 5 dogs. She enjoys and is proud of her five grown children and three grandchildren. Her children were very involved in sports and are all athletes. Her oldest son is serving in Japan in United States Navy.



**Dave Sirl**

Dave has been attending Christ Church since 1999 and a member since 2000. Dave is married with three adult children, three adult stepchildren and two grandsons. He is a US Army Veteran and a retired fire fighter/paramedic. Dave does not sit still very well, so he is still working as an EMS Coordinator for one of the major health care systems in Northeast Ohio, providing education and training to the first responder community. He is also part of a critical incident response team offering peer support to first responders after a critical or traumatic event in the line of duty. In his spare time, you can find Dave in the woods or on the water with his beautiful wife.



### **Steve Strang**

Steve is a lifelong entrepreneur who started, developed and sold numerous businesses. One of the major businesses was an accounting and financial planning practice focusing on family-owned businesses. Steve owned this practice for 20 years before selling his interest to his partners in 1998.

The second major business was a commercial and residential remodeling business that he started with both his son and his son-in-law in 2000. He retired from this business in 2019. In both businesses, Steve's job was to listen compassionately to his clients and work with them to help them solve their problems and achieve their goals.

Steve was recently widowed in 2022, losing his wife, Judy, after 55 years of marriage. He has three grown children and ten grandchildren, whom he enjoys tremendously and is extremely proud of.

Steve has been an active member of Christ Church since 2010, and has participated in many ministries and Serve projects. He is looking forward to his new opportunity to serve others as a certified Mental Health Coach.