

Tau Center Presenters



For nearly 20 years, **Karen Bychowski** spent much of her time traveling around the United States and across the world, helping large organizations navigate change as part of her work with a Global Fortune 100 Consulting Company. In October 2019 she took a leap of faith; leaving her job to follow a greater calling she felt God had for her.

She is a Professional Certified Coach through the International Coaching Federation and a Gallup-Certified CliftonStrengths Coach. Karen is passionate about helping others explore and live out the greatest purpose for their lives, and in 2017 started the non-profit To Africa with Love, which aims to connect, care, and contribute to the people of Kenya and beyond.



Sr Glenna Czachor, OSF is a Wheaton Franciscan Sister with more than 25 years experience in group facilitation and retreat leadership, specializing in contemplative prayer and worship, scripture study, and creative spirituality. She holds a Masters of Pastoral Studies from the Catholic Theological Union in Chicago, and is a graduate of the Hesychia School of Spiritual Direction of Tuscon, AZ. She has studied leadership and improvisational skills with the legendary vocal artist and motivational speaker, Bobby McFerrin.

Sr Glenna serves on the Regional Leadership Team of the Wheaton Franciscans and acts as the Tau Center Liaison, working behind the scenes as a facilitator and guide for operations and as a creative consultant for programs and communications.



Sharon Devo is a certified SoulCollage and Open Studio Process Facilitator, Spiritual Director and Retreat Guide . In addition to her work as Director at Tau Center, Sharon's professional experience ranges from co-active coaching/training & development to driving a FedEx Truck.

Her personal practice includes art-making, meditation and garden design. She completed the three year program "Spiritual Deepening for Global Transformation" at Christine Center and remains committed to companioning all on their spiritual journey of awakening.



Patti Essig is a Spiritual Director. Because I believe God is present and active in every moment of life. I will listen to you with an open heart as I hold a safe space for you to explore your inner wisdom and wholeness. I am curious about the endless expression of Spirit in your life. I encourage a journey of self discovery and invite you to come home to who you are. I will support you in finding your own way to ultimate meaning, however you define it. Body, Mind, Spirit wholeness shines through my Spiritual Direction and way of life.

A Yoga Instructor and Yoga Energy Studio owner since 2001. A Veriditas Certified Labyrinth facilitator. Married and a mother of three grown sons, a poet, an avid reader of "Guide for Spiritual Living", a practitioner of Soaring Crane QiGong.



Jeanne Iovinelli: My training in forest therapy has taken me to a level of connectedness to the natural world and God that I have never experienced before. My soul yearns to go outside, slow down, and notice the handiwork of our creator. Yes, this all takes time.

As part of self-compassion and self-care we must make time for our souls to experience the wonder of nature, which will enrichen your life in ways you have not experienced before. You will grow spiritually, be gentler with mother earth, and help to restore your relationship with her. The magic and wonders of the natural world will naturally and organically lift your spirits.



Elizabeth Lewis is a certified grief support specialist, grief educator, trauma sensitive HeartMath provider, stress resilience trainer, spiritual counselor and motivational speaker. She is trained in mindfulness-based stress reduction, a modality that includes therapeutic yoga. Elizabeth travels extensively in the United States and Italy presenting talks and workshops on a wide variety of subjects including trauma healing, resilience-building, forgiveness facilitation, and healing art and writing. She is a blog writer for the grief support site, rememberingalife.com and a wellness provider with Heal.me.



Tammy Winn holds a graduate degree in Religious Studies. She works as a recording artist, contemplative writer, and presenter. Tammy also has experience teaching theology and directing youth and young adult ministries. For more information, visit www.TammyWinn.com.