

**Rev Theresa Brezenski**

**Level 1 Coach**

[oslcpastor@polarcomm.com](mailto:oslcpastor@polarcomm.com)

I'm Theresa, and I came to Eastern North Dakota Synod in the fall of 2016. Currently I serve Our Saviour's Lutheran in Park River, prior to that I served in the Nebraska Synod. I've served rural parishes, served on a large church staff as their Director for Youth & Family Ministry; did a brief stint in campus ministry, and before all that jazz, I was graphic designer. Ministry is fluid, just like life!

I am a coaching newbie, but don't let that scare you! Coaching is about helping you be the most authentic version of you possible. We all trick and fool ourselves from time to time, about why we "can't" do this or that, or who we should/shouldn't be based on external pressures. Coaching helps you listen to your internal self, so you grow more fully into the awesome YOU God designed.