



# Topics

2-, 4-, and all-day interactive workshops or 1-hour presentation options.

## *Write to Inspire: Sharing your experience to heal & help.*

Discover how to find your unique voice and tap your life experience to help yourself and others. Explore your life stories, write your personal mission statement, define inspirational themes, learn about practical tools to build your platform, and more. This non-sectarian class is open to people of all faith traditions.

## *Cultural Codependency: When culture clashes with healthy recovery.*

Our native or adopted culture—whether expat, religious, or socio-economic—may clash with healthy recovery--creating, contributing, or amplifying codependent patterns with major impact. As a first generation American of Italian parents who migrated later in life, I've experienced this first-hand. This workshop seeks to help people identify, address, and navigate the potential pitfalls of cultural codependency.

## *Celibation: Embracing intentional singleness as a pathway to healthy love.*

Are you uncomfortably single, widowed, or divorced? Do you find yourself in never-ending, no-go relationships, disheartening swiping, or simply stuck in familiar patterns? Do you sense your longing for relationship is a wee bit or super-obsessive? Explore the hurdles to happy singleness and learn tools to move beyond desperately seeking romance that never satisfies and only deepens our dysfunction.

## *Detachment & Childhood Patterns: How kid stuff grips you and how to unhook.*

If you grew up in a dysfunctional home featuring addictions, blended family issues, mental illness, or other challenges, you've likely adopted some unhealthy coping patterns that no longer serve you. If you identify and find yourself doing the same thing with the same people and the same lousy results, join me in identifying childhood hooks and how to unhook.

## *Embracing Life: Letting God determine your destiny.*

With frank, hard-won insight, I outline ten God-centered life lessons and encouragement that can be applied to every area of life, especially when facing challenges and unexpected detours. Based on my Bible study of the same name, this workshop will help you see how God can use even the most challenging life transitions and losses to work good for, in, and through you.

## *Deconstruction Detour: How to salvage authentic faith post-religious trauma.*

Have you had a disillusioning run-in with a religious institution, spiritual leaders, or Christians or other religious folks—maybe even including yourself? Are you questioning your faith or how to live it out in community? In this workshop, we will explore our spiritual injuries in light of faith, seeking to avoid throwing the baby out with the bathwater.

### *OK to Let Go. The Biblical basis for walking away or letting others leave.*

As Christians, we are selectively subject to Bible verses or a concept of Christ that leaves us with the misguided notion that we simply must remain in relationship with friends, family, employers, and—yes—even spouses, at all costs. The fact is, Jesus and the apostles Paul and John vocally preached clear boundaries up to and including intentionally ending relationships. If you're wrestling with a relationship and feel guilty or tortured by a compulsion to cut ties, join us in an exploration about what Jesus says about the subject and gain clarity, comfort, and courage for your circumstances.

**Take the Leap.** Adapted from Ignatian discernment practice, this workshop is a condensed version of a traditional Ignatian retreat to discern calling. Enlightened by this process, we can feel more confident taking the leap to fulfill our purpose hand in hand with God.

**Darned Good Objections to Christianity.** I'll tackle some key questions and objections to Christian faith including hypocrisy, exclusivity, suffering, hell, and more. This is a frank talk in which open discussion is encouraged. This message parallels my video series of the same name.

**Topic Roulette for Wit & Wisdom.** A fun and meaningful icebreaker, I invite the audience to pick any topic (with speaker veto power) and Isabella will speak for 15 minutes with a helpful takeaway.

## Other Topics

Please talk to me about what you or your audience want to explore or what you sense is on their hearts. I have extensive life experience, strength, and hope to share on a range of emotional and spiritual topics. Presentations can be more or less Bible-centric, and suitable for any Christian denomination, seekers, or non-sectarian recovery-oriented audiences.

### About Isabella

I am author and contributor to more than twenty inspirational and self-help books including ***Embracing Life: Letting God Determine Your Destiny*** and ***Bitterness Runs Deep***, along with more than a dozen Guideposts books like ***God's Comforting Ways***, several near death accounts for their ***Witnessing Heaven*** series, plus daily readers, ***Mornings with Jesus*** (2018 to 2025 editions), ***Daily Guideposts for Recovery***, ***Pray a Word a Day***, ***Every Day with Jesus***, ***One-Minute Reflections***, and ***From the Garden***.

Raised Catholic and experiencing a profound spiritual awakening in 2000, I now consider myself interdenominational, honoring how different traditions reflect God's unfathomable fullness and truth, while cherishing the shared tenets of the Apostle's Creed.

I draw on a lifetime of rich and challenging experiences, rigorous Bible study, and more than twenty years of experience with Twelve Step recovery to bring encouragement, insight, and hope to others with wit and wisdom. A longtime communications professional specializing in health and wellness, I hold an MS in management and public relations, and a BA in communications studies from the University of Maryland.

A Southern California native raised in Maryland, I live on Florida's Gulf Coast with my two fabulous sons and enjoy reading, running, art, culture, music, dancing, cooking, travel, beach-time, her kids' sports, and of course, writing.