

My first degree was in psychology and education. Having worked in every sphere of education for the last 35+ years, (including Senior Management, Educational Research, Teacher – Governing and training, mentoring teachers, presenting a range of CPD workshops and most recently helping to set up an International University in Mozambique), I started a consultancy called TeachWell drawing on my Masters' Research supporting the wellbeing of Head teachers and staff teams. I love to see people and their teams grow in confidence. Passionate about communication and team building, I served as a Trustee for a local healthcare charity advising the team on how to care for all involved in the charity, both employed and volunteers.

This together with a thorough understanding of many of the personality tools and instruments available ~ was the perfect preparation to train as a Life Languages™ Communication Coach in 2016. Initially, I trained to work with our Iris Global teams in Africa – but soon I was being invited to teach it all over the world. My vision is to help, coach and train people to communicate well through a better understanding of themselves and others.

### In a nutshell

*I teach people how to thrive in their personal and business relationships  
by providing them with tried and tested keys to successful communication.*

### Why Life Languages™?

*Life Languages™ is a character-based communication tool: practical, not just descriptive. The seven 'Communication Languages' that we all speak are Responder, Contemplator, Mover, Doer, Shaper, Influencer and Producer!*

*Having studied and experienced many of the behaviour, 'theme' and personality instruments available, I can absolutely say that Life Languages™ is in a league of its own. I'm interested in FRUIT ~ and the fruit from a simple Foundation Workshop sprouts in all directions, grows, expands ... and continues to multiply in fruitfulness. And that's just the Introduction.*

*This is not simply a tool about self-awareness.  
While it provides an accurate description of how we communicate personally;  
it also focuses on how we can better communicate, understand and honour one another.*

I've been teaching this since 2016 with multifarious teams and individuals. Without fail, every time I teach it, I discover something new: such is the breadth, depth, width and height of this tool. This is largely because it is not only a tool about self-awareness, providing an accurate description of how we communicate personally - but it also focuses on how we can better communicate, understand and reach out to **one another**.

I'm all about the one anothers: HOW can we better love one another, serve one another, prefer one another and encourage one another? The most fruitful way is if we understand one another. I've had the privilege of working with individuals, couples, families all over the world (one lady invited me to do a workshop with her whole family for her 40th birthday!); as well as faith and corporate teams of every size! Through a greater understanding of similarities and differences, Life Languages™ enables people to celebrate each other in an honouring, enlightening, fun and very affirming way.

Looking forward to meeting you on a Foundation Workshop!

In celebration of how fearfully and wonderfully made we are ~

Cathie Vincent, MA  
Independent Life Languages™ Communication Consultant