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KATHRYN KEMP, CPCC

Time to Change Project (CTI Prison Project)

San Rafael, CA

Kathryn Kemp worked over 15 years in corporate America as a portfolio manager for a \$500 million portfolio. Despite her skill at the job and fondness for her colleagues, she wanted a career change. Exploring new options, she learned about coaching and attended one of CTI's information nights. She immediately enrolled in all of the courses, took them and became a certified coach.

Kathryn left her company in May 2002 to start her own practice, specializing in coaching teenagers. About that time the prison project was looking for volunteers and donations. Kathryn chose to contribute to this program by assisting CTI classes in a federal prison in Denver.



After San Quentin Prison in California invited the CTI program into their facility, Kathryn became a liaison between Time to Change, CTI and San Quentin. Her job is to schedule all classes, gain gate clearance for faculty, as well as interface with the parent non profit which offers many prison services. She assists all of the courses and returns Thursday nights to keep skills fresh, practice coaching and keep the community alive.

Kathryn exudes enthusiasm about the transformative nature of this work. She exclaims, "I've gotten the best coaching I've ever gotten in my entire life from the inmates during their classes." She is amazed at the way the men read the level three - and sees their hearts as huge. She continues, "The guys in our classes want to be there - they are not forced to be there. They are just like people in the outside - people who are up to making big changes in their lives." According to Kathryn the prisoners are tired of the life they are living and want something better.

One man in particular illustrates the change seen. He entered the first class - bald head, tattoos, bad attitude, saying, "This class is crap." At the end of the class he said, "I never knew when I spoke softly that my words would soak into other people like water into a sponge."

Two of the inmates in San Quentin have declared their intention to become CTI leaders when their term ends. Three of them have affirmed they plan to start juvenile coaching and another man has a vision for a chain of recovery centers - he calls it recovery plus, a holistic approach to recovery that includes coaching among other services.

Now that the prisoners are introduced to the possibility of the greatness of themselves - watching them struggle and fight it and be with it and embrace it - choosing between the greatness they know they have and the comfortable life of crime that they have led is really a serious decision for them. Kathryn exclaims, "To watch them go through the gyrations of that and support them with that - what a gift!"

Kathryn credits her CTI training as changing her life immeasurably, especially in gaining soaring self-confidence and leadership skills for the front of the room in her work with inmates.