

## BETSY LEON

Elizabeth Leon (Betsy) is a Catholic author, speaker, wife, mother, and grandmother from Ashburn, Virginia and has been a leader in ministry and faith formation for more than twenty-five years. Betsy desires to accompany women on the Journey of the Beloved to claim their identity as beloved daughters of the King and to find transformation and freedom through healing in Christ. Her coaching draws from the Lord's restoration and redemption of her own journey through shame, divorce, adultery, abuse, and child loss.

*“Jesus has allowed suffering in my life not as a rebuke or punishment, but as an invitation to draw close to His sacred heart. When I open myself completely to the gaze of Jesus, He can do the work of healing, transforming, and restoring me. Our identity is always victorious in Him, but it takes courage to let ourselves be loved and to do the work of tearing down the lies of shame and condemnation. The Lord is always faithful and the power of his presence in the crucible of our suffering is worth everything.” – Betsy*

- B.S. in Biology, *The College of William & Mary*
- Graduate-level study in Social Work and Counseling, *George Mason University*
- Narrative Focused Trauma Care Certificate (in-progress), *The Allender Center at the Seattle School of Theology and Psychology*
- Story Workshop Training, *The Allender Center at the Seattle School of Theology and Psychology*
- Published author, ***Let Yourself Be Loved: Big Lessons from a Little Life*** (Koehler Books)
- Leadership and Small Group Training and Program Coordinator, *Walking with Purpose*
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