

## Show Notes - Dr Gladys Childs

Today we welcome our teacher, Dr Gladys Childs. Gladys is a speaker, author, church leader, professor, pastors wife, and mother.

### Guest introduction:

- Helping people deeply connect with God through speaking, leading retreats, and writing, is a straight-talking Religion professor, pastor's wife, and mom.
- She currently serves as Chaplain at Texas Wesleyan University.
- Authentic; is the word most used to describe Gladys and her ministry. Her passion is meeting people at the intersection of life and faith to provide a relevant understanding and hope in God.
- She is funny and direct as she connects with her audience, talking openly about her pilgrimage through lifes unexpected joys, sorrows, and struggles.
- Gladys and her husband Thomas have been married since 1995 and have one son and a miniature poodle who loves being the center of attention.
- She and I follow one another on social media and crossed each others path as a divine appointment.

Welcome to class Gladys

### Question:

- My intent with Old School is to tell our stories and how we walked them. What we did to get and maintain health in the physical, mental, emotional and spiritual areas of our lives. You have an incredible bio and an

extremely influential “voice”. That is the part of your story I would like to discuss in class today.

- Your Voice – “Your voice reflects your heart or the state of your soul”
- Esther is the inspiration for my 2<sup>nd</sup> book which reveals more of my healing
- My coaches are encouraging (pushing, lol) me to get speaking gigs. Both for book promotion and furthering of my voice/story.
- “The voice is the muscle of the soul” Rob Hart

Simple techniques I have used over the years to help me keep the proper mindset and end game in mind have been:

1. Look at others with eyes of compassion. We are all beloved children of God, and we all need

shepherding. Every person you come across is loved and valued by somebody.

2. Difficult people are most often onerous because they have been mistreated and have not

been taught a better way to live and act.

3. Remember and repeat to yourself often: "...Love the Lord your God with all your heart and with

all your soul and with all your mind and with all your strength....You shall love your neighbor as

yourself." (Mark 12:30-31, ESV)

4. Remember and repeat to yourself often "All honor and glory to God forever and ever!..." (1 Tim.

1:17, NLT)

## Gladys' Nugget

“I think we innately know from a young age who we are supposed to be and what path we are supposed to go down. If I could go back and let go of other people's voices telling me otherwise”.

If you would like to connect with Gladys her links will be in the podcast notes or you can reach out to me through my connections as well.

Thank you for coming to class today. If you could rate, review and subscribe to the podcast and our newsletter I would be ever so grateful. All of my connection links are in the info section. I will respond and appreciate all engagement. Class dismissed.

#itsthejourney

#oldschoolwithmichelevrabel

#gladyschilds

#physical

#mental

#emotional

#spiritual

Connect with Gladys:

Website: [www.gladyschilds.com](http://www.gladyschilds.com)

IG: @gladyschildsauthor

Facebook GladysAnnChilds

Twitter @GladysChilds