

Carol Schindler

Carol Schindler has been practicing Centering Prayer for 30 years. In 2001 she became a Contemplative Outreach presenter and she has been co-leading a Centering Prayer Group since 2000. Carol was part of the NJ team that lead yearly retreats at the Maris Stella Retreat House in Long Beach Island NJ.

Carol studied the Enneagram at the Enneagram Institute where she completed the course work required to be an instructor in 2009. Since then, she has taught many Enneagram programs with an emphasis on using the Enneagram for spiritual development.

Professionally, Carol is a founding member of Exact Communication. She is not only passionate about helping people connect, she is also convinced of their innate ability to do so. Communication becomes effective, even great when we are present, listening, and willing to engage.

<https://www.exactcommunication.org/>