

CATERINA KRAI

With twenty-plus years as a creative, inspirational and compassionate Spiritual Director, Retreat Leader and Spiritual Team Formator, Caterina Krai finds great joy in creating sacred space for men and women to encounter the heart of God and experience the transformative healing power of Jesus.

With the Holy Spirit's guidance and completion of a Bachelors' degree in Marketing, she was led on a unique journey that started in corporate America working in Marketing, Advertising, Leadership Development, Executive Coaching, and Cultural Change. After 23 years of service and experience in a top 100 Forbes company, she was privileged and honored to serve in building the Kingdom of God as the Faith Formation Director for RCIA, Religious Education and Spiritual Enrichment for a Catholic church in the Los Angeles Area.

During her career journey, she was encouraged to get her certification in Spiritual Direction from Mount St. Mary's College in Los Angeles as individuals began seeking her out for Spiritual guidance throughout the United States.

About a year ago, she was once again prompted to take another leap of faith and trust God as a "freelancer for God". Today she lives out her personal vocation of creating sacred space to encounter the healing, love and mercy of God's heart by providing spiritual guidance and retreats, forming teams, facilitating the Spiritual Exercises of St. Ignatius and helping men and women discover their sacred story.

Caterina loves being a mom, stepmom and wife. She enjoys the beach, sunsets, traveling (especially going to Italy), cooking, eating great food, listening to music, bringing creative ideas to life, reading and spending time with family and friends.