



Courtney Pinkerton is the owner of Bird in Hand, a holistic life coaching and retreat practice. She earned her BA at SMU (1999) and completed dual Masters degrees from Harvard Divinity School and Harvard Kennedy School (2008). She has diverse experience as a grassroots organizer ranging from starting community banks in rural Nicaragua to sparking social investment circles in Boston and a Montessori preschool co-op in Oak Cliff. Courtney draws spiritual wisdom from deep roots in the contemplative and desert traditions of the Christian faith as well as Buddhist teaching. A certified holistic life coach through the Spencer Institute, Courtney has studied the Enneagram with Master Suzanne Stabile and completed the Enneagram Intensive in the Narrative Tradition as well as training in the somatic (body) and spiritual expressions of our personality type.

In addition to her weekly blog posts on meditation and other mind/body practices, Courtney provides one on one and phone coaching using the Enneagram as well as custom-designed retreats and weddings. She lives with her husband and one-time Peace Corps companion, Richard Amory, in Oak Cliff where they try to keep up with their three young children and remember to water their garden boxes.

In Courtney's Own Words: "As I moved through my early adulthood studying and working in various settings -- universities, nonprofits, and churches -- I discovered only a handful of people in each environment who communicated a sense of balance and joy in their everyday lives. These folks seemed to be tapped into a renewable source and I wanted to plug in too. So in each setting I tried to be like them. I learned some valuable skills as I modeled myself after these people— ranging from well-spoken and kind college professors, to creative and passionate community advocates and vibrant female pastors.

But I also lost something of myself as I tried to absorb their shine from the outside in. I think we are all born with something to share with the broader community and when we settle into our right roles the work nourishes rather than depletes us. I also think many of us know the questions we are called to live more than the answers. I created Bird in Hand because it keeps me grounded in one of my key questions: how to balance the inner life with meaningful contributions to the wider world. As I help others connect to their source it waters my own garden."

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