



Anne-Marie Zanzal
— TRANSITION COUNSELOR —
COMPASSION HOPE UNDERSTANDING

MEDIA KIT

ABOUT REV. ANNE-MARIE ZANZAL, M.DIV

Rev. Anne-Marie Zanzal, M. Div is an author, coach, counselor, and speaker based in Nashville, Tennessee. She is a graduate of Yale Divinity School, a coming out coach to the LGBTQIA+ community, an experienced hospice chaplain, and Compassionate Bereavement Provider with the MissFoundation. She came out as a lesbian at fifty after her ordination in 2016 in the United Church of Christ. Anne-Marie's personal experience includes a decade long journey of coming out and frustration in finding both help and community. The experience also includes the dichotomy of both losing an old way of existing and embracing authenticity. She struggled with lack of information and understanding from both straight sources and long time members of the LGBTQIA+ community that just did not understand the nuances of navigating through these challenging issues galvanized her to try and find a way to help. She was in a heterosexual marriage, shares four children with her ex-husband, is a minister, has pastored churches, a hospice chaplain, and is a grief counselor all combine to make her uniquely qualified to help others navigate their journey.

She started Anne-Marie Zanzal Coaching in 2018 to help facilitate this difficult journey of loss and profound joy at the same time. The goals are to provide compassionate support to make the process of later in life coming out less isolating, clarity when one is questioning their sexuality, while also helping people enjoy and make the most of their newfound authenticity. This is a place that provides groups to share with others on the same journey and one-on-one coaching. The intimacy of one-on-one coaching is well-suited to conversations that are difficult to have in a group setting, and it allows one to delve more deeply into personal experiences. The groups are a place for people to come together on a weekly basis to process and obtain resources and support to navigate this unique experience. These groups have become known as a place to find community, safety, open conversation and laughter about the journey of questioning sexuality. There is not only those who are questioning their sexuality, but those who want to come out and become part of the LGBTQ community, and both steps take patience and compassionate support.



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Though her coaching service is not a religious organization, Anne-Marie has a deep understanding of a wide variety of religious and spiritual practices. It has helped her bring an open-minded approach to faith and spirituality so that she can create and hold space for those who are questioning their sexuality and navigating a sometimes hostile church community.

The goal of Anne-Marie's Coaching is to provide compassionate support to make the process of coming out less isolating, and to provide clarity when one is questioning their sexuality. She works to hold space to process all aspects of her client's identity, including their sexuality and spirituality. She seeks through coaching and groups to empower her clients to find courage to authentically and boldly discover who they truly are.

Anne-Marie serves clients all over the United States and internationally in England, Wales, Australia, Hong Kong, New Zealand, Switzerland, and Canada. She lives in Nashville with her fiancé, Tonda McKay.



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Anne-Marie's Vision

Coming out later in life is sometimes a difficult process, and facing it alone can make it even harder. At the same time, it can also be a joyous awakening to a different life that is unfamiliar. It takes courage, resilience and a daily stand to live authentically as ourselves. Anne-Marie provides affirming support for women in the LGBTQIA+ community so they have a safe space to explore, discover and find their authentic voice. Anne-Marie's programs are designed to give her clients the tools and resources to authentically stand proud of who they are through the process, from questioning their sexuality to coming out.

Anne-Marie's goal is to provide quality support from within the LGBTQIA+ community so that we create a more accepting, loving and welcoming environment that helps women have the best life possible right from the start of their journey.

Anne-Marie's Mission

Living openly as a lesbian, bi, queer, gay, transgender or nonbinary, adds a whole other level to our lived experience, particularly when we question our sexuality/gender, or come out later in life.

Anne-Marie seeks to resolve the shame that sometimes exists in the queer community. We deserve to live in a world that honors all LGBTQIA+ people and our experiences, no matter where we are in the family.

This includes respecting those in our community who have children with a straight partner, those who have been single for the majority of their lives, those who realize their sexuality later in life, those whose gender identity may have changed, those who are married to a straight spouse, and even those in mixed-orientation marriages, amongst other unique challenges that are prevalent for women who come out later in life.



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SERVICES

Anne-Marie Zanzal offers two types of services: Individual online coaching with support, and an online support group.

Individual Online Coaching With Support Groups *Empowering People Coming Out Later in Life*

During the one-on-one coaching program with Anne-Marie, her clients will have bi-weekly Zoom meetings where Anne-Marie focuses on active listening, hearing their story, and meeting them where they are on their journeys. It's her job to walk with her clients through their paths, and provide tools and resources that empower them to be authentically themselves. When Anne-Marie works with them, she helps affirm them for who they say they are, and helps them find the courage to affirm their own identity.

Over a course of two months, her clients receive:

- Individual online coaching sessions.
- Ongoing access to Anne-Marie through Voxer, a voice and text app.

Online Support Groups and Workshops

Anne-Marie also offers online support groups and workshops for people questioning their sexuality or coming out. She believes that all people deserve to have a safe space to discover and understand sexuality in a new way. Anne-Marie specializes in helping meet her clients wherever they are on their journey, walking with them as they choose and discover what's best for them and their lives.

Groups are confidential safe spaces that are focused on asking questions, self-reflection, increasing awareness and bringing a new level of understanding, along with valuable resources. The goal of each group is that clients will walk together on their journeys. Groups also tend to discuss items such as internalized homophobia, childhood experiences, spirituality and the current challenges that clients are facing in their own process.



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About *Authentic Peace*, a Biography/Memoir

Anne-Marie is the author of *Authentic Peace*, her first novel.

In *Authentic Peace*, Anne-Marie shares her very personal, very raw story of coming out later in life. Married to a man, with four children, she had a heteronormative life in Connecticut, but her truth reflected a different story. This is her story of coming out as a lesbian, leaving the life and comfort she knew...to find her true, authentic self while finding peace in the process. This novel addresses issues related to sexuality, gender, personal power, the patriarchy, spirituality, families, parenting and her relationship to her own parents.

Authentic Peace is set for release in spring 2021 from Twin Crows Publishing House.

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NEWS RELEASES

Twin Crows Publishing House
1226 14th Street
Sarasota, FL 34236

Date: January 19, 2020

Contact: Kim Cressell, Editor & Publisher;
kcressell@gmail.com
941-441-6140

Coming Out Later in Life: Anne-Marie Zanzal Releases Her Debut Novel “Authentic Peace”

NASHVILLE, TENNESSEE—Renowned coach and writer Anne-Marie Zanzal has released her debut novel for those coming out later in life and those seeking their authentic truth in “Authentic Peace” released by Twin Crows Publishing House. This book is Anne-Marie’s own raw and personal story about coming to terms with a divorce, mid-life, and also grappling with her sexuality to reach a place of authentic power and peace.

“Writing a book on this subject has been one of my lifetime goals and it has been extremely rewarding and satisfying,” said Anne-Marie Zanzal. “This book is a natural extension of my coaching and support group work over the years.”

Says Anne-Marie’s Editor and Publisher Kim Cressell of Twin Crows Publishing House, “At its heart, this is really a story of self-discovery and self-empowerment. Through its essential truths, this book can help readers find their own identity and meaning of self as they search for a more meaningful and joyful existence.”

The book is for sale in the U.S. on Amazon and it is also on Barnes & Noble. It will also be available at select distributors, wholesalers, and retailers in the United States and across the globe.

ABOUT ANNE-MARIE ZANZAL, M. DIV.

Anne-Marie Zanzal, M. Div., is a speaker, author and counselor who works to make this world a better place for all traveling life's journey. A graduate of Yale Divinity School, Anne-Marie has her roots in ordained ministry with the United Church of Christ, and she has served as a hospital/hospice chaplain and pastor to several churches. She also studied at Hartford Seminary where she hold a graduate certificate in Women's Leadership, and she lives in Nashville, Tennessee, with her fiancé.

Much of her work has centered around personal transformation. She is available for online emotional and spiritual support people experiencing major life transitions, including, but not limited to divorce, death, and coming out later in life. She also provides coaching, peer group support and workshops.

Anne-Marie has completed a residency in spiritual care through Yale Health Care Systems, is a certified Compassionate Bereavement provider, and holds a chaplaincy speciality certificate in palliative care.

In her work as a voice for people coming out later in life, Anne-Marie hosts and leads a private Facebook group which is an inclusive LGBTQIA+ community.

Please join her on Facebook, or on her other social platforms.

Anne-Marie has four adult children. She and her wife, architectural photographer Tonda McKay, live on beautiful, tree-filled acreage in Nashville, Tenn.

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PRESS/MEDIA COVERAGE

Anne-Marie has been featured by many national and regional press outlets including:

- *Psychology Today*
- AfterEllen.com
- Tips on Queer Dating When You Come Out Later in Life, by Reina Gattuso
 - <https://swell.damewellness.co/coming-out-later-in-life/>
- Podcasts
 - Everyone's Agnostic
 - <https://everyonesagnostic.libsyn.com/episode-205-anne-marie>
 - Graying Rainbows
 - <https://podcasts.apple.com/kg/podcast/gr-19-anne-marie-zanzal/id1441895100?i=1000437964811>
 - Life (Un)Closeted
 - <https://www.pinterest.com/pin/539657967848354070/>
 - VulnerABLE
 - <https://podtoppen.se/podcast/1481401313/vulnerable-podcast/episode-59-anne-marie-zanzal-from-hiding-a-part-of-herself-for-years-to-coming-out-later-in-life>
 - Zoomer Week in Review: Anne-Marie on Coming Out as a Zoomer & Dr. P.J. Dev-ereaux

Anne-Marie is also a regular blogger and her featured blogs are on her website. They include:

Blogs

- Coming Out Later in Life
 - https://issuu.com/focusmidtenn/docs/2020_mayjune_focusmidtn_final/s/10502918



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BOOKS

Anne-Marie is the author of *Authentic Peace*, her first novel.

In *Authentic Peace*, Anne-Marie shares her very personal, very raw story of coming out later in life. Married to a man, with four children, she had an idyllic life in Connecticut, but her truth reflected a different story. This is her story of coming out as a lesbian, leaving the life and comfort she knew...to find her true, authentic self while finding peace in the process. This novel addresses issues related to sexuality, gender, personal power, the patriarchy, spirituality, families, parenting and her relationship to her own parents.

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IMAGES



Conference photo



Rev. Anne-Marie Zanzal, M. Div.