

My specialty is coaching “women in transition.” There are many circumstances and events that can challenge us and prevent us from moving forward with our lives. A few of these are listed below:

Divorced: When a marriage ends, there are multiple problems and issues that must be dealt with. It is one of the most stressful challenges and many women find themselves needing some guidance at this time in their life.

Widowed: Dealing with death is a challenge we all must face at some point in our lives. It’s never easy, and sometimes it is extremely difficult. When we mourn, there are natural processes that we must go through. Occasionally, we find we are overwhelmed and unable to get past the hurdles placed in our paths. Coaching will be very helpful in this situation..

Career Change: 63% of working women are not happy in their current job. When a women realizes she is not satisfied with their career path, she wants to make a change but doesn't know what to do to facilitate that change. She wants to live her dream of an exciting career but she may not know how to begin living that dream. A life coach can assist by helping you determine what your interests and strengths are, what steps need to be taken to reach your goals, and hold you accountable to follow through to assure success.

Retired: Transitioning into retirement can also be a stressful transition with unique and difficult challenges. Work with a coach to discover the many options available to you.

Loss of a Job: Losing your job and finding yourself struggling financially can be very stressful. Even if it’s not a financial challenge, dealing with the feelings of rejection and the need to find other employment can be extremely difficult.

Stay-At-Home-Moms: When a woman makes the decision to leave the workforce and stay home to care for her children, she often finds herself stressed, overwhelmed and isolated.

I can help women improve their lives regardless of the challenges they are facing.

***For a complimentary telephone conference to determine whether you would benefit from coaching,
call me at 321.537.5002 or email me at officeassistance@citagibson.com,
Certified Life and Career Coach, MGAA Coaching***