# Transition Coach

|  |  |
| --- | --- |
| **Author** | Isabel Einzig |
| **Date** | 2012-02-03 16:27:28 |
| **Categories** |  |

*"There is no sin punished more implacably by nature than the sin of resistance to change."*-Anne Morrow Lindbergh

## First know that transition is a letting go so you can move into accepting change.

In his book The Way of Transition-embracing life's most difficult moments, William Bridges states, "***whenever an old reality disappears, the answer is not to refuse to do anything that has been associated with it, but rather explore and discover what the new reality is.***"  He suggests you ask yourself: **What did this encounter with transition teach me?** One will feel disoriented and lack identification since they are now thrust into an unknown situation to rebuild their identity.

### With coaching:

* We explore what worked for you in your job or life situation
* What didn't work for you and how you can "pick up the pieces" to create a more vibrant life

**Then, we create a new, workable you that builds on what you already know and like.**

## The great thing is you don't have to do it alone.

I work with you, one-on-one, to help you *readjust* and prepare for moving forward.  We must release our selves from the past to be whole in the present so we can proceed to work favorably toward a new future and powerful being.

## You will learn to try something new that will soon become a comfortable way of being.

"There are beginnings and endings all the way along the path.  You are constantly letting go of who you thought you were and how you thought life would be."-William Bridges

## Let us start today!!

## [Contact Isabel](http://uniquepathways.wpannex.com/contact-me/)

Back to [About Me](http://uniquepathways.wpannex.com/about-me/)