

what coaching through transitions (CTT) is not

Coaching Thru Transitions is not therapy.

It is designed for people who usually cope well with everyday stresses but need a new way to look at the challenges of a particular transition.

coaching thru transitions works best when

- *You feel as though you aren't thinking clearly*
- *You've tried everything you can think of and are ready for a new approach*
- *You are genuinely ready to move on in your life*

about Susan Schroeer



Susan Schroeer has been a coach for over 30 years. During that time she has developed a form of short term coaching specifically designed for people who usually cope well with life's challenges but are stuck in a transition that leaves them without their usual clarity and decisiveness.

Her formal training includes, an M.S. from OSU, two years of post-graduate work at the Gestalt Institute of Cleveland and training in the principles and tools of both Health Realization and Satir Systems.

919.401.3974

coaching by phone available as needed

"Susan enabled me to get some altitude and a different perspective on my goals and empowered me to press past my fears and limitations to actualize my re-defined goals. I found the coaching gentle, clear and supportive. I absolutely would pursue additional coaching should new obstacles present themselves."

One of the things I value most about Susan's coaching is her ability to hold a true vision of my best Self when I am lost in transition. I've been through a number of stormy seas with Susan at my back, and I feel that I've made more empowered choices because of her compassionate coaching.

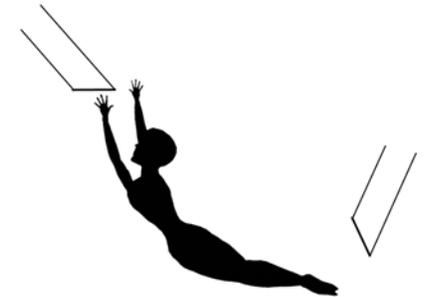
Jane Velten, author of Women and the Power of

"Susan is a very insightful and powerful coach. She has been masterful in helping me to gain clarity around the issues I am working on and find creative ways to make desired changes."

individual coaching with Susan Schroeer
919.401.3974

Coaching Through Transitions

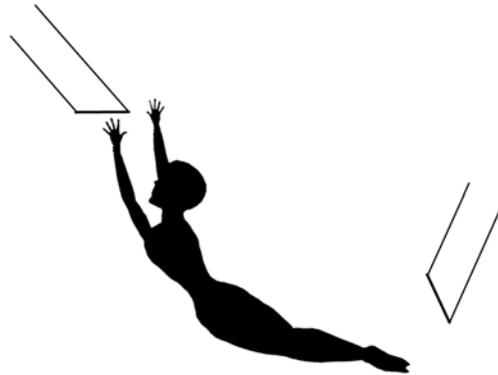
staying balanced and sane as you move through transitions



Are you experiencing....

- *Marriage or divorce*
 - *Losing a job or starting a new one*
 - *Moving*
 - *Having a child*
 - *Retiring*
 - *Death of a loved one*
 - *Change in your financial situation*
 - *Change in your health*
 - *"Empty Nest"*
 - *Children and /or parents "coming out" as gay or lesbian*
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In any major change, there's always a transition time between letting go of the old, the known, the familiar... and embracing the new, the unfamiliar, the unknown. In that middle transitional place, we can feel suspended for a time in open space, the space between what was and what will be. It can feel ungrounded and disorienting, but that doesn't mean there aren't some ways to make things easier.



some myths about transitions

- *Transitions are almost always hard*
- *Transitions are stress free when you control your emotions and are a good planner.*
- *“Good “ transitions are less stressful than “Bad” transitions*
- *Transitions are a natural part of life so they should not be a big deal for a competent, healthy person.*
- *Moving through transitions with grace and ease is innate so it cannot be learned*

what is coaching through transitions?

Coaching Through Transitions specializes in helping people through temporary challenges by providing a kind of net. It teaches skills, stimulates insights, offers information and provides a neutral sounding board to test out new thinking. During a short series of coaching sessions you will learn:

- *How what you expect may be creating situations that you neither want nor need.*
 - *How your moods and emotions are affecting your decision making and what you can do to ensure that you make the best possible decisions during the transition*
 - *Why the talents and skills you usually count on may have deserted you and how to get them back and make the best use of them.*
 - *Why you may become a person you do not like during transitions. How to return to “yourself” and negotiate the transition with grace and ease,*
 - *How to make sure that the transition isn't more difficult than it needs to be.*
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