
Life Transitions and Where to Find Guidance PART I

There are times in our lives (especially after we have children) when we are in transition or when we are unsure of our life path. This uncertainty can create an unsettling feeling that interrupts our ability to feel happy or fulfilled. Maybe you come from a career-driven background and when you started your family, you put that ambition on hold. Maybe you have a business idea and now that the kids are in school, you feel that you are ready to embark on a new journey.

Whatever your challenges may be, it is helpful to seek the guidance of a professional when you need help making decisions. I would like to introduce you all to a wonderful woman named Johanna Beyer, founder of On Your Path Consulting in San Francisco and a fantastic person to turn to if you need some guidance in your life.

Thanks for talking with us today, Johanna. Tell us, for those who don't know, what is a life coach and how do you work with people?

I am someone who is there to support you, challenge you, and guide you through the life transition that you currently are facing. I find that making any changes in life, whether it they are small shifts or large shifts, can be really difficult when you are doing it on your own. Because change is uncomfortable we want to solve the problem quickly, however that approach often leaves us with few options and in the worst case scenario, we get frustrated and give up.

I have created a practical process in that there is goal setting with specific actions that you are accountable for completing. However, it is also a process that allows for you to reacquaint yourself with what gives you passion and energy in your life and lets you think about what it is you are here to contribute. We take time to learn about the successes and challenges from your past, and we explore your core values and purpose in the world so that your vision and action plan are connected to the things that give you heart and meaning.

I like to work with people for a minimum of six, one hour sessions. After those foundational sessions are completed we can best determine what next steps you would like to take.

I am sure that you see all sorts of people with different agendas in terms of life goals. What kind of people can benefit from coaching?

I like to work with all sorts of people who feel that something is holding them back from a more fulfilling kind of life. My clients are hi-functioning individuals who are eager to create an array of new opportunities, take action towards their goals, and are not afraid to be challenged in a supportive way. I have worked with men and women of all ages and in all kinds of life transitions. As long as you believe that you can make the shifts you need to have a more satisfying life, than coaching is for you.

It is probably true that not everyone has the same needs or wants in terms of coaching, but what outcomes can people generally expect after working with you?

One of the reasons I love my job so much is that I am constantly inspired by the positive changes each and every person I work with can make to shift their life in a purposeful direction. After the coaching process is complete my clients have clarity on the different things that energize them and give them meaning. They are able to see the possibilities vs. the roadblocks towards creating the life they want. They have a clear vision of what they would like to bring into their life in the next 3-5 years with an action plan to execute. Most importantly there is an internal, energetic shift that has occurred. They feel proud of their accomplishments and are ready to create even more abundance in their life!

CHECK BACK TOMORROW FOR PART II OF OUR INTERVIEW WITH JOHANNA BEYER to find out what all moms should know about life transitions, what to do when you are feeling stuck, why Johanna loves being a life coach and more!