
Life Transitions and Where to Find Guidance PART II

Ok gang, we are back with the amazing Johanna Beyer for Part II of our interview on life transitions. I am finding her to be fascinating and hope you are too! Let's see what she has to say now about motherhood and life changes...

Before a woman has children, she can never truly understand how drastically life changes with the responsibilities of raising a family. What are the most common challenges moms face when it comes to life transitions?

It comes as no surprise when I say that moms have to not only create new opportunities for themselves, but they need to figure out if those opportunities will support them in still making motherhood a priority. There is not a lot of time in the schedule and most often moms want to create a purposeful new direction that has flexibility to accommodate the kid's schedules and needs. This can be challenging but totally possible. There is also a lot of guilt when it comes to mothers taking the time to identify what it is they truly want. Mothers are givers and nurturers. My job is to reassure moms that they can be proactive, entrepreneurial and still be giving and there for their family.

What are some of the best things we can do when we feel stuck or confused?

I think that the first thing you need to do is realize that feeling confused, frustrated or upset is **TOTALLY NORMAL**. When the wisdom voice inside of you starts to speak about changes it would like to make, the ego gets in the way and says, "Not so fast". That is called fear and resistance, and it is a necessary part of the change process. The trick is to realize that while resistance is normal, it should not be the roadblock that leaves you paralyzed. Some practical things to do when you are feeling stuck is to listen and stay open. Keep a journal and track the messages and inner voices you hear. Do not panic that you have to change your entire life to be happy. There are so many tiny things you can do that point you in the direction of your life dream. Remember the more you resist, the more that stuck feeling will persist.

Can you describe a success story of a mom you coached?

When I first met Kim she was full of energy, had an amazing sense of humor and also was extremely hard on herself. She felt like she was a terrible mom, always getting mad at her kids and feeling lots of guilt around the fact that she no longer pulled in a paycheck. Kim was a self made woman, climbing the corporate ladder in the entertainment industry all on her own until she had reached the Senior VP of Public Relations for Paramount Studios. She was very well respected, made big decisions all day and managed a happy team of people. After the birth of her first daughter, Kim decided to stay at home and while she loved being a mom, she missed the excitement and challenge that came from her career. After daughter #2 came into the world she knew that the crazy world of PR was not worth going back to but she needed something new to direct all her ambitious energy towards.

Early in our work together it became clear that Kim was a natural athlete and LOVED competition. She was a go getter and thrived on setting goals and accomplishing them. She also had a passion to help obese children learn better eating and exercising habits. Kim needed to add some of that competitive spirit back into her life while still allowing time to be with her daughters. We set some big goals…get certified in Spinning, complete a triathlon and spread the word to local schools about her interest in working with kids. She accomplished all three and as a result she no longer feels like her spirit is being held back. She knew that she could not go back to her old career, but she did realize that there were many new ways to redirect her ambitious, competitive energy into purposeful endeavors.

Why do you love what you do?

I LOVE what I do because I am amazed by the human spirit. Each and every one of us has the power to listen to our inner truth and take actions each day to honor that. When people feel lost and unfulfilled I can see their special unique beauty and once they get back in touch with that inner beauty anything is possible. I have seen people make lots of positive changes in their lives and as a result help others to be on their path. Each time someone lets me into their life, I feel honored. Each time I am challenged in my own life I get inspiration from the people I work with. I feel so lucky to be doing my purpose work!

What is your availability like for new clients right now? How can people contact you to set up an appointment?

If you need some extra support and guidance in your life right now we can work together. I like to work with people for a minimum of 6, one hour sessions. I work with people in person and on the phone.

I am at Stillpoint Wellness on Union Street in San Francisco every Monday and see clients Tuesday thru Friday in Mill Valley. If you are not able to meet face to face, I conduct the same sessions over the phone.

Please call me at 415-686-9592 to set up an introduction phone call or you can e-mail me at johannabeyer@gmail.com . To learn more about me and my coaching process you can log onto www.onyourpathconsulting.com .

On a personal note, I have known Johanna for a long time and I can tell you that she is a very comforting and positive person. In one conversation with her, you will feel a calmness and inspiration that will carry you through your day. I highly recommend her services and encourage you to give her a ring to see if her services are right for you.

Thanks so much for bringing your talents to our readers here on Responsible Family, Johanna! Stay tuned for more conversations with Johanna in the coming months. We are lucky to have people like this to safely guide us through moments of uncertainty. I encourage anyone who has life challenges or questions to contact Johanna. She works over the phone (for moms, this is PERFECT for our busy lifestyles) so she can work with you no matter where you live! Call Johanna today and give yourself the gift of clarity! 415.686.9592.