

- Are you facing a significant life change?
- Are you victim of a change that has been thrust upon you?
- Would you like to be clear about what to do next?
- Would you be delighted if you could find a way to be more passionate and joyful than you have ever been before about the next chapter in your life?
- Would you love to have a partner who could enable you to make this be an extraordinary adventure?

Gain insight, clarity, new ways of looking at yourself and others, release the past, and be inspired to create the next and most exciting chapter in your life.

This one coaching relationship will support you as you:

- Complete the past – put it in the past where it belongs
- Gain understanding and forgiveness by changing your story about what happened.
- Be responsible vs. being victim
- Develop self-awareness – and recognize how amazing you are
- Discover your unique ability
- Create a new and exciting future
- Set goals for the fulfillment of this future
- Enroll those people that can support you in your goals
- Take action
- Celebrate

“Your support during my challenging time of transition made it a wonderful and positive experience. My new job is challenging, utilizes my leadership, sales, marketing and training background. I am most fortunate in becoming part of a team where I can contribute and make a difference.”

Peg Songer-Mercier, Sales and Marketing, Rochester Optical, Rochester, NY

“THANK YOU. THANK YOU. THANK YOU. THANK YOU for your generosity your guidance your genuine concern, your sensitivity to me, and all that you bring to your work with people. I am very grateful to you.”

Sara Hacala, Public Speaker/Coach, Etiquette, Presentation Skills

“I see that you have more faith in me and my future than I do. I appreciate your knowledge and wisdom”. Fred Onufryk, Rochester, NY

Contact Us by phone or email if you would like to discuss Transition Coaching. If you are ready to take your life to the next step, we recommend you take advantage of our 20 minute introductory coaching session.

Our Power Bytes™ have been specifically designed to support you in the amazing and exciting discovery of yourself. If you're ready to take your life to the next step, click on Power Bytes™ and you will receive useful information, inspiring stories, and creative ideas monthly. You will receive updates on upcoming events, Teleconferences, as well as special discounts on recommended publications and live events in your area.

“Thanks Alex. One of the great things that I have learned from you is that I am responsible for my own career and making things happen.”

Trina Marquez, Chief Technology Officer, Monroe County Sheriff's Office, Rochester, NY

Make the choices that support the life you are committed to. Choose you!

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