

# Welcome to Life in Transition, What's Next?

January 6, 2012



*"If you can see your path laid out in front of you step by step, you know it's not your path. Your own path you make with every step you take. That's why it's your path."*- Joseph Campbell

We are excited to offer you tips and support, as you travel expected and unexpected changes. I know the immobility, boxes of Kleenex tossed on the bed, and the hope of a new window opening, when you sit in uncertainty and long for clarity.

From a very early age, I lived unexpected changes. That is where my interest to learn about changes rooted. I had to *accept that* standing tall and collapsing during a change I didn't want or even wanted was a natural progression. I use *used* to jump into action at times and sweep the pain out the door. My young innocence came to a halt and new parts of me developed. Thank goodness.

What surprises people when they are going through happy transitions, like marriage, new job, retirement, moving, blending families, back to wellness, and parenting, is that anxiety and vulnerability land in your stomach. Excitement also sits in your eyes.

Change brings an opening to sort your thoughts and feelings. When you haven't stood in your particular doorway of change, you don't want to trip or dash back inside. It is "normal" to have different parts of you emerge, one that might trip and one that slowly thinks, and feels solutions and insights more than once during a day.

I remember a client said to me, "I thought about it and now I am going to..." I asked her, "What part of you wants to do this?" Her response, "the one that just wants to get going."

Checking in with yourself at minimum, three times a day, asking, "What am I thinking about? What am I feeling? What do I need today", is a tool to help you make decisions and know who is "minding the store," your younger self or your wisdom?

Bottom line, no matter what, you get to know more about yourself and what you need to feel happy and trusting. This is a way to separate from the past and become more present, as well as, not becoming who you don't want to be.

You get to change your mind because you, the adult, earned that choice. Research shows the one thing that stops people from changing is that they don't begin something with knowing you can change your mind.

Getting to know who you are and who you aren't, keeps you connected and calmer. From that learning, you gather the resources you need at your own rhythm.

I would love to be part of helping you during your transitions.

Visit the website and contact me when you want guidance and a safe harbor to be yourself and discover new parts of you that had to go dormant or never had support to emerge.

Thank you for taking your time to visit [Life In Transition, What's Next? Action to Change](#)

No one needs to go through uncertainty alone.

Take care,  
Natalie

## Testimonials

*... I have encountered many women like myself who are in this stage of life and looking for tools to help guide us. I sought out Natalie and she is positive, uplifting and full of inspirational ideas and help.*

*I really love the concrete tools that I have returned home with; Natalie is that kind of speaker/helper.*

*Hope you have a beautiful day!*  
Tracey Saban

*"I thought I would be sobbing the entire time on the phone. Instead I felt empowered and hopeful speaking with Natalie.*

*Karen ZoBell, Attorney*

Dear Natalie,

*"Meeting you and attending your sessions at Rancho La Puerta last month was a pleasure. You're such a warm and compassionate person. Your sensitivity helped me and the other participants in your workshops feel comfortable enough to open up to each other. I feel that I have more peace and clarity thanks to you and the support of the group."*

Joanne

*"There are few instances in life that seem destined to be but my encounter with Natalie was that. Not only was she insightful, caring and passionate but she was very grounded, thoughtful and highly intuitive and intelligent. My experience with her felt like a visit from an old friend. That is something i will never forget."*

Nicholas Ruth

## Upcoming Events

Jan 9 2012  
[Golden Door Fitness Resort, California](#)

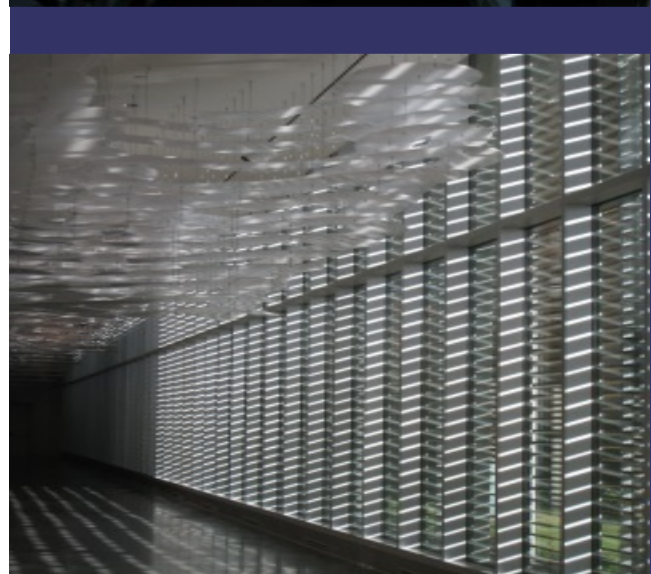
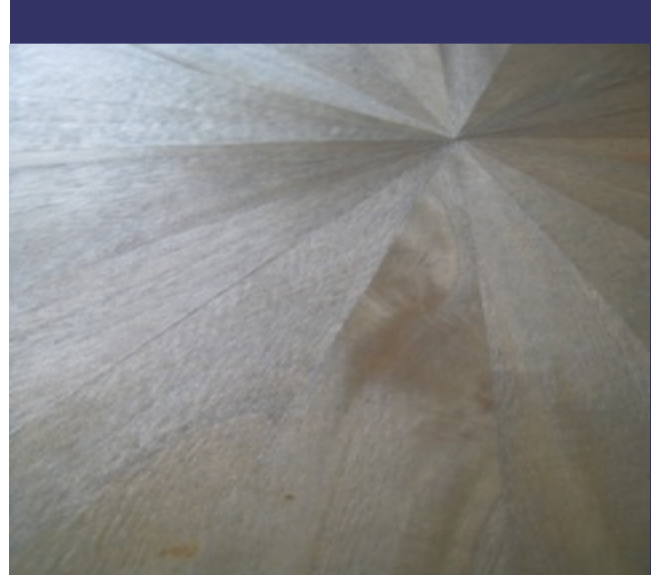
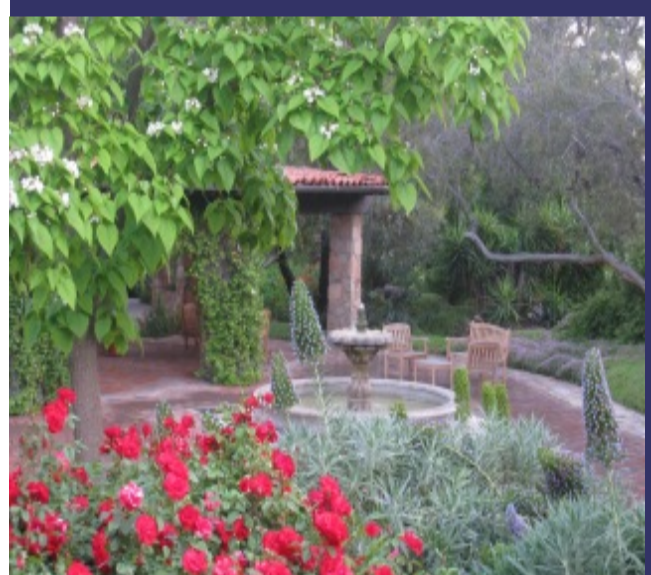
Jan 29-Feb 5 2012  
[Cal-a-Vie Heath Spa, California](#)

Feb 7, Feb 14, Feb 21, Feb 28 2012  
[Wilshire Boulevard Temple, Los Angeles, CA](#)

May 5-12 2012  
[Rancho La Puerta Spa and Resort - San Diego, CA Area](#)

## Services

- Individual Consultations
- Phone Consultations
- Speaking Engagements
- Support Groups
- Workshops
- Mentoring



Los Angeles, California  
Tel: (818) 763-0188  
Toll Free: (800) 446-3310  
Fax: (818) 763-1743  
Email: [info@lifeintransition.org](mailto:info@lifeintransition.org)

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Life in Transition  
10061 Riverside Dr.  
Suite 1002  
Toluca Lake, California 91602  
US

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