The Power of Choice in Life Transitions with Michele Heffron - Episode 366

In this Episode:

- Uncover the “golden threads” of purpose as Michele shares how her post-divorce experience revealed the paths to personal and professional growth.
- Discover how hitting rock bottom ignited Michele’s coaching journey and the importance of trusting inner wisdom.
- How a mindset shift can transform challenges into opportunities for growth.
- How she helps women navigate divorce and transitions with confidence, encouraging them to take control without guilt.
- Learn how choosing a new perspective can dramatically change your experience in tough times.

Notable Quotes:

“Life is not happening to us, it's happening through us and for us.”

“There are so many things out there but just listen to where you're supposed to be and stay in your lane for a little bit and see where it takes you.”

“See the lesson in whatever's happening.”

Pearl of Wisdom:

1. Life is an ever-changing process.
2. We created what we have today.
3. Love yourself.

Resources:

Michele Heffron is a firm believer in the transformative power of coaching, she embodies what's possible when we let go, seek help, and open our hearts to new possibilities. Whether her clients are facing significant life events like divorce or empty nesting, or simply searching for their next steps, Michele provides a safe, nonjudgmental space for exploration and expression. Through active listening and insightful questioning—those thought-provoking inquiries that friends might shy away from—she helps clients gain clarity and confidence as they embark on their journey of transformation.

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