

When a crisis enters our life, we need to make a pivotal decision. How we meet it determines our future happiness and success.

When we take a closer look at "crisis situations", opportunities appear. With the expert help of a life coach you can either stay where you are or advance. To make these changes, we can help you transition through those waves of change.

Rita Goldhammer and Margie Pabst, coaches, provide a safe compassionate place to face your issue, gain clarity, rekindle hope and find your way to transform crisis into positive meaning and value.

With confidence, we assure you that this process will make sense of your situation, as you move through the transition or loss with grace and purpose. As a result of the coaching you will be able to connect with life in a new and enriched way!

As authors and caregivers Rita Goldhammer and Margie Pabst resided in Mounds View, MN and Winter Park, Fl. respectively.