



Life Coaching Offered To Midlife Women Experiencing Empty Nest Feelings

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Better Beyond Coaching Solutions, based in Raleigh, NC, is proud to announce that they are now offering coaching sessions for women who are experiencing the empty nest feelings. Women often go through these complex emotions when their children go off to college and it can be a difficult time. Better Beyond believes that every woman has the power within her to live a happy life, and they want to help them achieve this.

"We have a simple motto," says Diane Adkins from Better Beyond Coaching Solutions. "It is: change it, overcome it, become it. We believe that any issue, any fear, any negative emotion in a woman's life can be addressed through her own inner strength. All a woman needs to learn is how to tap into that inner strength, enabling her to live a happy life. We are seeing an influx of women who are dealing with empty nest feelings at this time of year and I want to encourage all of them to visit today."

Better Beyond offers a number of different solutions to women, tailored to their personal needs and requirements. They offer a 'Jump Start' program, whereby a woman will receive three intensive 50 minute one to one sessions to address the issue. Alternatively, they can choose the 'Momentum', which is more suitable for very specific issues. It includes nine individual sessions lasting 50 minutes each. Finally, there is

'Vortex', for those trying to find themselves again. This includes eighteen private sessions of 50 minutes each.

"Coaching is an investment you make in yourself to create the life you truly want," adds Diane Adkins. "This is why we also offer online coaching and group coaching. Our role is to allow a woman to find her true self and to redefine herself now that her children have left the nest."

Psychologists believe that women experience empty nest because they feel they no longer have a valuable role to play in society once their children have become independent. The coaching courses offered by Better Beyond are designed to show every woman her personal value, showing that women are more than nurturers, and that they are individuals.

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For more information about Better Beyond Coaching Solutions, contact the company here: Better Beyond Coaching Solutions
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Better Beyond Coaching Solutions

Better Beyond Coaching Solutions is dedicated to providing strategies and solutions to women in their 40s and 50s who want to live a peaceful, happy and fulfilling life.

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