



Coaching Sessions Help Empty Nest Women Find Solace As Their Children Go To College

September 21, 2015

September 21, 2015 - PRESSADVANTAGE -

Better Beyond Coaching Solutions, a company in Raleigh, NC, that offers coaching sessions targeted specifically at women, has announced that it is providing help to women during this time of the year when their children go to college, causing them to suffer from empty nest syndrome. This time of year is very difficult for many women who are seeing their children become independent. Thus, Better Beyond Coaching Solutions wants to help these women continue to thrive at midlife.

Better Beyond Coaching Solutions' Diane Adkins says: "This notion that women have served their purpose once their children are grown up is ridiculous! But it is so ingrained in many of us that we sink into a deep depression when the last child moves out, having lost our purpose in life. I want to show women that now is their time to thrive, their time to find themselves and to become happy once again."

Diane Adkins describes herself as a 'midlife optimist' and wants other women to be inspired by her own journey. She feels that if she has been able to overcome the adversities in her life, other women can as well. She believes that all women are powerful, beautiful beings who have a great deal of inner happiness. All they need to learn is tap into it.

The sessions and coaching that Diane has offered have been very positively received by other women. "Diane Adkins will literally take you by the hand and guide you through ways, strategies and ideas about how to deal, negotiate and ultimately thrive with your next wave of life," says Denise B.

To achieve her goals, Adkins has a range of information available on her website. This includes numerous tips and articles designed to help women beat negativity and find their inner, happy self. Furthermore, she currently allows all women to ask her a 'burning question' in a completely confidential manner. She also offers a number of Better Beyond Programs, which look at specific issues that women are more likely to face around midlife, including divorce, empty nest syndrome and stress. Overall, her goal is to spread happiness all around.

###

For more information about Better Beyond Coaching Solutions, contact the company here: Better Beyond Coaching Solutions Diane Adkins 9196614404 dadkins@betterbeyond.com 124 Chalcedony Street, Raleigh, NC 27603 USA

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.

Website: <http://www.betterbeyond.com>

Email: dadkins@betterbeyond.com

Phone: 9196614404



Powered by PressAdvantage.com