

Denise Hansard of Coaching 2 Dream to be Featured on Close-Up Talk Radio

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/EINPresswire.com/ -- Your thoughts create your feelings; your feelings create your actions; and your actions determine your results. In between you have choices. When we don't like our results, we change our actions, but we haven't addressed the fundamental thoughts and feelings that drive our choices. Most people choose to stay in their comfort zone even though there's a great deal of pain there.

Denise Hansard is a [transformational life coach](#) and the founder of [Coaching 2 Dream](#), where she offers workshops and transformational coaching programs to help clients envision and achieve new heights of personal and professional success.

"When my clients first come to me, the first words that often come out of their mouth is: 'I don't know what to do next,'" says Denise. "So what we do is we really delve deep. What's stopping you? What's your fear? And what do they really want to do in your life?"

Whether your goal is to enhance your financial freedom, your relationships with others, your career or your health, Denise takes her clients through a three month process to repattern their life.



Denise Hansard is the founder of Coaching 2 Dream

"Our past is our past but it's not who we are," says Denise, who also holds a master's degree in counseling. "I want to help you understand your past so you can move forward into the future. With coaching, I'm on that journey with you and I'm going to guide you through the steps you need to take to live like you were meant to, personally and professionally."

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My signature message is to own your choices.

Denise Hansard

Denise is the author of the forthcoming book *Suffering in Comfort: How Owning Your Choices Will Set You Free*. According to Denise, our lives become a story we tell ourselves, but that story is just our perception. *Suffering in Comfort* helps readers become aware of these stories to

begin the transformational process of understanding the impact our choices have in our lives.

"My signature message is to own your choices," says Denise. "There's so many of us that allow opportunities to pass us by because we won't say 'yes' or 'no.' When you say can 'yes' or 'no' to opportunities, it frees you."

Close-Up Talk Radio will feature Denise Hansard in an interview with Doug Llewelyn on June 16th at 10am and with Jim Masters on June 23rd at 10am EST

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Denise Hansard and to sign up for a complimentary Exhausted to Exhilarated Discovery Session, visit <http://www.denisehansard.com>

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