

## Dr. Ines Roe of Alta Vista Life Coaching to be Featured on Close-Up Talk Radio

CARLISLE, PENNSYLVANIA, USA, August 20, 2014 /EINPresswire.com/ -- Like a [kaleidoscope](#), women's lives are constantly changing. Indeed, women entering their midlife often experience a great deal of disruption, but this period of transition also offers these women the perfect opportunity to truly reinvent their lives.

Dr. Ines Roe is the founder of Alta Vista [Life Coaching](#), a coaching practice dedicated to supporting women experiencing midlife transition to rebalance their lives.

"What I love about coaching is partnering with people," says Dr. Roe. "It really is about working with people's potential rather than focusing on the negative. Coaches support individuals as they figure out what they want and inspire them to summon the courage to go after it."

A psychologist for over 20 years, Dr. Roe intends to transition full time to coaching in her retirement. She says while therapy is more about diagnosis and disorder, coaching is more about wellness. People are self-directed and take responsibility for their decisions.

"I'm in the same place as my clients in many respects," says Dr. Roe. "I've had a long career but I'm looking toward making changes."



**ALTA VISTA**  
**LIFE COACHING**  
—with Dr. Ines K. Roe—

When navigating life disruptions such as retirement, divorce or loss, Dr. Roe says it's essential to be mindful of what holds us back and partner with those elements to move forward. Dr. Roe has developed a series of e-courses for clients to explore and digest at their own pace.

"I'm hoping people will use the material I provide as a springboard to decide how they want to craft and reinvent their life," says Dr. Roe. "If they want more connection as an accountability partner I can be that for them, but ultimately it's about empowering people to do things on their own. I'm here to provide a path for them."

Close-Up Talk Radio will feature Dr. Ines Roe in an interview with Jim Masters on August 22nd at 1pm.

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 Alta Vista Life Coaching, visit  
<http://www.altavistalifecoaching.com>



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