

Sheila Walty of Create Change Coaching to be Featured on Close-Up Talk Radio

PORTLAND, OREGON, USA, September 12, 2014 /EINPresswire.com/ -- In an effort to create the life that we want, sometimes [counseling](#) is necessary. Counseling offers an opportunity to explore our past and present experiences in order to identify what we need to overcome as we move forward

When counseling is complete, coaching can take us to the next level. What is possible once we've healed our past wounds? What does our life get to be now?

Sheila Walty is a counselor, [professional life coach](#) and the founder of Create Change, which offers counseling services as well as business coaching, life coaching, retreats, workshops and skill training. Proactive and results-oriented, Sheila works with people who are motivated for change.

"The reason for the name Create Change is that's what we do," says Sheila. "If life isn't going the way you want, we work together to proactively create the changes you want to see in your life."

As a counselor, Sheila specializes primarily in trauma. According to Sheila, trauma memory is stored differently than our other memories; instead of the memory being stored as a movie in your mind, it's more like a slide show. This can leave people with the feeling that they can't trust what they remember. Trauma victims need to know their counselor can handle what they're about to share without judging them.

"I see trauma as something that can be healed," says Sheila. "You need to express to the client that you understand where they are and where they are is fine no matter where it is. It's important to instill



hope.”

Whereas counseling sessions are focused on eliminating issues that prevent us from moving forward in life, coaching focuses on teaming up with you to create a path and guidance toward whatever goals you want to accomplish.

“Whether it’s counseling or coaching, I absolutely love seeing people become whole again, become strong and confident and able to speak up for themselves,” says Sheila. “Sometimes people don’t think their dreams are possible, I love building optimism and watching the success.”

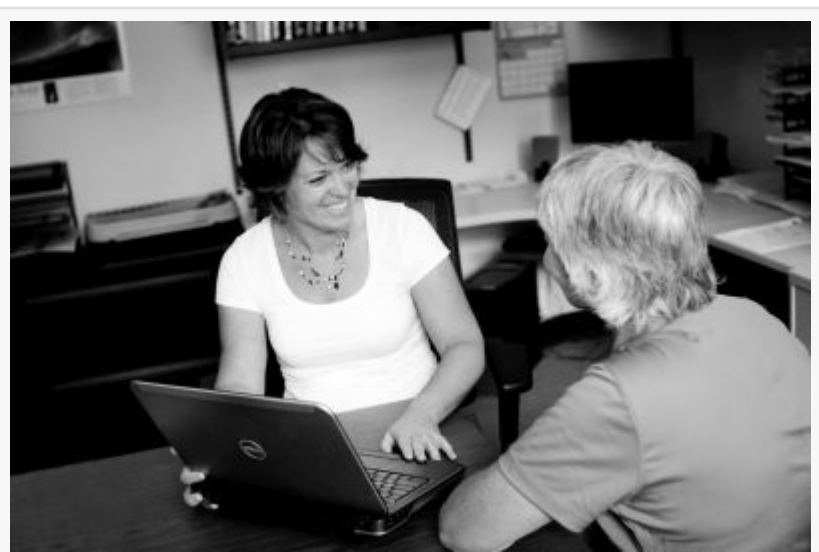
Close-Up Talk Radio will feature Sheila Walty in an interview with Doug Llewelyn on September 16th at 11am EST.

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 Create Change, visit

<http://www.createchange coaching.com>



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change

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We work together to proactively create the changes you want to see in your life.

Sheila Walty

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