

Cora Whittington of Golden Pathways to be Featured on Close-Up Talk Radio

PETERBOROUGH, ONTARIO, CANADA, October 20, 2014 /EINPresswire.com/ -- Most people allow their perceived problems to consume them. According to executive life coach Cora Whittington, we limit our possibilities based on our old experiences. If we can be totally present and allow our heart and minds to open, we can trust our intuition and see a path forward.

Cora Whittington is the founder of [Golden Pathways](#), an executive and [life coaching](#) practice whose mission is to empower leaders to make the next 15 years the best years of their life through the power of intention.

“My favorite question to ask is, ‘How would you like it to be instead?’ Quite often they haven’t even thought about it,” says Cora. “We feel the impossibility of where we are in the moment, but you can’t create a solution from the same energy you created the problem. You have to change the viewpoint. I take them into the future to where they want to go.”

As an executive coach, Cora practices what is known as Core Dynamics

Coaching. According to Cora, there are core dynamics at the root of most problems. These core dynamics can include manufacturing interpretations, excluding other perspectives and overreacting to circumstances. If you can remove even one of these core dynamics, your life will improve. Cora helps her clients identify these core dynamics and eliminate the barriers and self-sabotage that keeps people stuck.

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where they want to go. Once we can feel that clear picture, it’s amazing how quickly our road blocks to



success can be removed.”

Cora says she works primarily with influential people, or what she calls “lynchpins.” Whether it’s a manager or an executive director, if you can help those individuals operate at their best, everyone around them benefits and we can affect more change.

“I’m most proud of helping people go from the impossible to the possible,” says Cora. “I’m always amazed by how incredibly open people are. It doesn’t happen in a day, but we work on it together. It’s very fulfilling to see the changes that can occur in people and then the people around them.”

Close-Up Talk Radio will feature Cora Whittington in an interview with Doug Llewelyn on October 22nd at 10am.

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 Cora Whittington, visit <http://www.coachcora.ca>

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