

Barbara Hetzel of Ridge Top Coaching to be Featured on Close-Up Talk Radio

BLAIRSTOWN, NEW JERSEY, USA, October 24, 2014 /EINPresswire.com/ -- We live in a culture where we often compartmentalize ourselves to play different roles; we have to be one person at work and another person at home. As a result, people often feel powerless in their lives. They lack the intention to just be who they are, wherever they are. Without that intention, we can't effectively reach the goals we've set for ourselves.

According to Barbara Hetzel of [Ridge Top Coaching](#), life and [leadership](#) go hand in hand: if you're unhappy in your life you're not going to be a very good leader; if you're feeling insecure in your leadership skills, you're not going to be very happy in life.

"I see coaching as a way for people to feel powerful again in their lives," says Barbara, "to know who they are, what their values are and to live their lives in that way no matter what environment they find themselves in. If you can change your thinking you can change your behaviors; if you can change your behaviors, your whole world can shift in a positive direction."

Barbara says she established Ridge Top Coaching to work specifically with leaders, though that doesn't necessarily mean someone who has a leadership title in the work place. They can be the leader in their family or a leader of a non-profit or volunteer effort. It's for any who is interested in developing the internal and external processes that impact great leadership.

"What I do with my coaching practice is help people overcome the obstacles they might have in getting where they want to go or who they want to be," explains Barbara. "Together, we do that in a very goal-directed way. It's strength-based, always focused on



We approach it from a perspective of appreciation rather than judgment.”

Great leaders work alongside people. They’re not “in charge” or “the boss.” A great leader listens and collaborates, is willing to admit their idea isn’t always the best idea, and advocates for people who have leadership qualities that can be developed. Finally, a great leader is introspective and reflective. Leadership requires you to be a role model, someone who understands their own level of integrity and tries to live there. Barbara says she sees Ridge Top Coaching as an opportunity to help transform the world one person at a time.

“I love to partner with my clients,” says Barbara. “I act as the conduit in helping people tap into their own power for personal and professional growth. If the client can take ownership and responsibility for the changes in their life, that’s going to sustain them long after we’re done coaching.”

Close-Up Talk Radio will feature Barbara Hetzel in an interview with Jim Masters on October 28th at 1pm 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 Ridge Top Coaching, visit <http://www.ridgetopcoaching.com/>

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