

Cheryl Alexander & Associates Returns to Close-Up Talk Radio

MAPLE GROVE, MINNESOTA, USA, December 8, 2014 /EINPresswire.com/ -- We all have a voice inside us that calls us forward, but all too often we ignore it. We tend to acknowledge only that which fits our past experience and affirms what we already believe until our lives become a story we tell ourselves that may not even be true. Eventually form habits to reinforce those thought patterns.

How can we break these habits to create new patterns and be our best selves both at work and at home?

Cheryl Alexander & Associates is a coaching and consulting firm that provides [leadership development](#) to both individuals and organizations. Through strategies designed to achieve more balance in life, Cheryl and her team help clients navigate the challenges hindering their performance to bridge the gap from where they are to a life that's more

purposeful, meaningful and fulfilling.

"I see individuals for their own uniqueness and special gifts and I'm committed to getting them where they want to go in a healthy way," says Cheryl.

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If you're not moving or changing, you're not leading.

Cheryl Alexander

Cheryl works primarily with individuals, both men and women, who are in some form of [career transition](#). Some have been overlooked for promotions; some are stressed to the point of exhaustion. Still, she finds what they really want is to be more meaningful contributors.

"I've had clients tell me, 'I have so much to offer my company. What I'm being asked to do keeps me busy and it's challenging but they're not tapping into what I really know. I don't know how to make a larger contribution because it's not being heard and seen.'"

Cheryl describes her clients as highly functional people who want to grow, get perspective and be held accountable. Together, she and her clients develop the interactive, personal and social skills that contribute to great leadership. In fact, 74 percent of the individuals who have worked with Cheryl



Alexander & Associates were promoted at least once within the first year.

“If you’re not moving or changing, you’re not leading,” says Cheryl. “When you can finally move beyond, ‘This is just who I am,’ it’s incredibly empowering.

Close-Up Talk Radio will feature Cheryl Alexander in an interview with Doug Llewelyn on December 9th EST 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 Cheryl Alexander & Associates, visit <http://www.calexanderassociates.com/>

Lou Ceparano
Close-Up TV News
(631) 421-8500
email us here

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