

Catherine Oleksiw of Measured Transitions to be Featured on CUTV News Talk Radio

PLANO, TEXAS, USA, January 6, 2015 /EINPresswire.com/ -- Different emotions accompany change and all transition is fraught with emotional challenges. But if you can clear your emotional clutter, success is just around the corner.

“Life is about practicing. You can hold your head high and walk proud because you’re doing it,” says Dr. Catherine Oleksiw. “If you’re not important to yourself you won’t be able to extend yourself in a healthy way. You need to be grounded in motion, thoughtful action with feeling.”

Dr. Oleksiw is the founder and president of Measured Transitions, a coaching practice that supports organizations and individuals in building their capacity to change. Dr. Oleksiw coaches nonprofits and small businesses in strategic planning, program development and



performance measurement. She coaches individuals, often within the work setting, in [career development](#), especially in relation to transition or promotion within a company or organization.

“Quite often people feel as though they’ve hit a wall, that they’re stuck,” explains Dr. Oleksiw. “So it’s all about setting goals, determining what you want, your vision, and what resources you have available to you. Your life decisions should always be congruent with who you really are. The challenge sometimes is figuring out who you really are – or what you hope to be.”

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Being truthful with themselves is a powerful exercise for many of her clients. Surprisingly, she more often than not finds that individuals are not aware of their strengths and talents. Dr.

Oleksiw says it’s important to experience mini successes as you are growing. These successes motivate you to keep going. Still, more is required.

“If you can’t name and claim where you are in your life, you can’t move from that space, so it’s about really digging in and exploring the layers of who you are,” says Dr. Oleksiw. “In the long term you want

to be happy. You want a job that's going to support you well and colleagues you're comfortable with. But setting a goal that's too far reaching in too short a time can result in the same stress that got you stuck in the first place. So I help break down the big goals into smaller pieces, a series of steps so you don't set yourself up for failure."

While many of Catherine's clients are small business owners or non-profit executive directors and their teams, she enjoys coaching individuals seeking change and more meaning in their lives. Her coaching services include working with young adults on the college application process and career exploration.

"It matters not if the coaching has an organizational or an individual focus. We're still focusing on goals and outcomes. That's the foundation for any coaching model," says Dr. Oleksiw. "Coaching is about getting people in touch with their feelings. If you can name it, you can work with it and create change for yourself.

CUTV News Talk Radio will feature Dr. Catherine Oleksiw in a four-part-part interview series with Doug Llewelyn on January 7th, January 21st, February 18th and February 25th at 3pm EST.

Listen to the show www.blogtalkradio.com/closeuptalkradio. If you have a question for our guest, call (347) 996-3389.

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