

Sharon Roth-Lichtenfeld of the Afterwards Program to be Featured on CUTV News Radio

SEWELL, NEW JERSEY, USA, January 19, 2015 /EINPresswire.com/ -- [Grief](#) can take hold of us: our belief system, our values, our perceptions. Those obstacles can prevent us from moving forward. How do you go through change and come out the other side?

According to life coach Sharon Roth-Lichtenfeld, grief can be an empowering experience if you allow it to be. Sharon is the co-founder of the Afterwards Program, which combines the healing power of therapy, with the empowerment of coaching to help people move purposefully toward a new and different life. Along with her partner Pat Obst, a licensed clinical therapist, Sharon helps



people create the bridge into their new and different life with meaning, purpose and resilience.

“We call it residual grief as opposed to complicated grief,” says Sharon. “Everyone else is moving on and you’re not. But you want to. That’s where Afterwards comes in.”

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Sharon Roth-Lichtenfeld

The mission of Afterwards is to deliver unique and innovative programming that delivers healing and self-empowerment to individuals who are 1-5 years out from a [forever change](#), a change that alters the direction of your life forever. Forever changes can include the loss of a loved one, divorce/relationship breakup, serious illness, trauma, or any other significant change.

“My life coaching model is all about sustained well-being,” says Sharon. “How do you sustain your well-being in the face of forever changes? It can rock you but it can make you stronger too. It can define you in a healthy way.”

Afterwards addresses the lack of specialized resources available to help people get “unstuck” and emotionally transition and transform themselves in healthy ways toward a new and different life.

“Afterwards can serve as the critical link from being supported through therapy to actually gaining the ability to flourish,” says Sharon. “I want to change the way people view life and live life after loss and forever changes.”

"I am honored when people allow me to guide them through their most painful emotions and painful events," says Sharon. "When they can confront their pain and turn it into resilience and new possibilities it's the most inspiring experience."

CUTV News Radio will feature Sharon Roth-Lichtenfeld in an interview with Doug Llewelyn on January 20th 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 the Afterwards Program, visit <http://www.afterwardsprogram.com/>

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