

María Tomás-Keegan of SafeHarbor Coaching to be Featured on CUTV News Radio

GOODYEAR, ARIZONA, USA, March 3, 2015 /EINPresswire.com/ -- As mothers and wives we have been taught to focus on our husbands and our children and the dynamics of our family, but when there is a divorce, all of that changes. Much of our life as we knew it is gone and there's a tremendous void – to say nothing of the fear and worry. Often women don't know how to fill that void or address the fear and figure out what comes next. The truth is women can learn to thrive after divorce.

María Tomás-Keegan is the founder of SafeHarbor Coaching and a certified life transition coach who specializes in the [divorce transition](#). She helps women navigate the challenges of life after divorce so they can learn to create the fulfilling life they deserve.

“I work with divorced women because I resonate with them,” says María. “I’ve been through two divorces myself and I know exactly how they feel. I can empathize with what they’re going through. I’ve walked in their shoes. I can help bring a new perspective that allows for the possibility to feel hopeful, inspired and confident and reveal the opportunity for a joyful next chapter in their lives.”

Life after divorce is filled with plenty of ups and downs, ebbs and flows, and there are often other life transitions that complicate the matter — there may be need for a job or career change or a relocation from the family home — and there is certainly grief and loss -- grief for the unrealized future they'd imagined and the loss of their life as they knew it. These things must first be addressed before things can get better.

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Exploring who we are, what we want and what's most important to us are key elements to learning to thrive their own inner wisdom because that's what will guide them to make sound decisions and choices,”



safeharbor
Where divorced women create the fulfilling life they deserve

says María. "I help them get in touch with what they value most. So often we let our values take a backseat and we compromise in the interest of keeping the peace. Exploring who we are, what we want and what's most important to us are key elements to learning to thrive after divorce."

As a woman who has faced many of her own life transitions, María is keenly sensitive to the challenges her clients face. She says, "Sometimes we just need a little guidance, support and encouragement to get ourselves back on track. It's about exploring new possibilities and learning how to create a life that is worth celebrating ... one small step at a time.

"I want to help as many women as I can make their lives special again and fulfilled," says María. "I want women to know they're not alone and they don't have to do this divorce stuff alone. I want to create the opportunity for them to see it, seize it and manifest it. I want us to look back only to see how far we've come."

CUTV News Radio will feature María Tomás-Keegan in an interview with Doug Llewelyn on March 4th 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 SafeHarbor Coaching, visit <http://www.yoursafeharborcoaching.com>

Lou Ceparano
CUTV News
(631) 421-8500
email us here

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after divorce.

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