

Carol Koziol of Natural Courage to be Featured on CUTV News Radio

LONDON, ONTARIO, CANADA, May 21, 2015 /EINPresswire.com/ -- We all seek the courage to strive through change, but if you can believe and act on what's in your heart, courage comes naturally.

Carol Koziol is a self-described "courage coach" and the founder of Natural Courage, where she serves as a guide to help people experiencing change by naturally reconnecting their inner and outer world. We're all searching for the answer to the question: "What's next?" Carol says she likes to work with people who are ready to turn their bucket lists into highlight reels.

"I reconnect people to their courage," says Carol. "Everyone has natural courage so it's about becoming aware of it by remembering our strengths, our values."

According to Carol, there's great wisdom in the cycles of nature and how people feel and respond to nature. A conversation over a desk is one thing; a walk on a path can produce totally different results. Carol is deeply passionate about the natural environment and will often weave nature into the work both as a metaphor and a modality.

"I used nature as a metaphor to catalyze change within me," says Carol. "We come from nature. There's no stress. There's no intensity. It's softer. It's gentler. It's what I've experienced and catalyzed and use with my clients."

Prior to founding Natural Courage, Carol spent 30 years as a business IT



consultant. She found she was often listening to people's stresses and concerns with business as well as life. With the help of a coach, she discovered that coaching is what she wanted to do and transitioned out of her technical consultancy practice. She was certified by the ICF in 2010. Today, in addition to her practice, Carol is pursuing a PhD in ecopsychology, which studies the relationship between people and nature.

"The longest journey a person gets to make is the 18 inches from their head to their heart," says Carol. "I often wonder if more people were encouraged to get out of their heads and find the courage to reconnect to their hearts, perhaps we would live in a better world."



CUTV News Radio will feature Carol Koziol in an interview with Jim Masters on May 25th at 12pm EST.

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Carol Koziol

Listen to the show

<http://www.blogtalkradio.com/closeuptalkradio/2015/05/25/cutv-news-radio-spotlights-carol-koziol-of-natural-courage>

If you have a question for our guest, call (347) 996-3389.

For more information on Natural Courage, visit

<http://www.naturalcourage.com>

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