

Victoria Vetere, PhD, HC of Enlightened Life Coaching to be Featured on CUTV News Radio

WORTHINGTON, OHIO, USA, September 14, 2015 /EINPresswire.com/ -- We often find ourselves stuck in old patterns or have fears about moving forward. It is said that the definition of hell is leading someone else's life. With the help of a life coach, our dreams can become our reality.

Victoria Vetere is the founder of Enlightened Life Coaching where she helps people enhance their lives by releasing blocks and patterns of self-sabotage. This leads to new choices and more freedom in life.

"I help people to get out of their own way so that they can open their lives up to who they really are," says Victoria. "I'm about authenticity and alignment, helping my clients to reconnect with their passion and care about what they are living for."

Though much of Victoria's work draws from her studies in Eastern philosophy, she is classically trained in both social and clinical psychology and has practiced psychotherapy for two decades. In 2004, she decided to stop practicing as a psychotherapist and continue

practicing as a life coach.

"I felt I had outgrown psychotherapy and wanted to open up new avenues for helping people," says Victoria. "I've been in both worlds and I really can see how therapy serves and how it doesn't. A life coach can give you a sense of the future. In a coaching session we look at the patterns you feel stuck in and understand them, but we use that knowledge to launch like a swimmer at the end of the pool."

Victoria is the author of the recently published *Enlightenment Appetizers: A Taste of Enlightenment in Everyday Life*, a collection of articles about work, health, relationships, spirituality and consciousness for those seeking inspiration and practical ways to change their lives.

"Enlightenment Appetizers is a good way to introduce someone to energy science and to understanding broader perspectives," says Victoria. "I think this book is a really nice way to reach out to those who want to know more but want a practical take on it, something that will help them today. It's about learning who we truly are and how we can actualize ourselves with our unique gifts and talents."

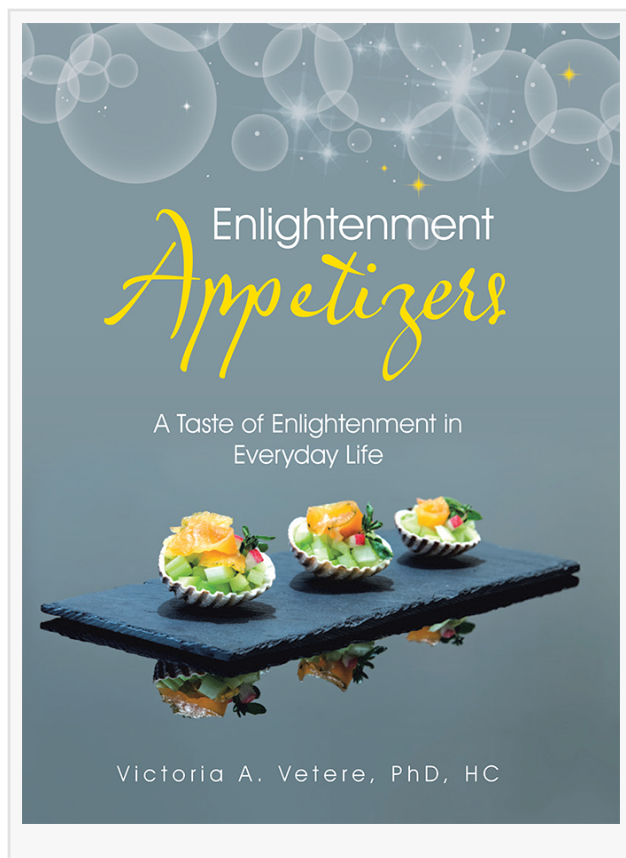
CUTV News Radio will feature Victoria Vetere, PhD, HC in an interview with Jim Masters on Wednesday, September 16th at 11am EST.



Listen to the show on [BlogTalkRadio](#).

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

For more information on Enlightened Life Coaching, visit <http://www.EnlightenedLifeCoaching.com>



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Victoria Vetere

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