

Life and Relationships Coach Josephine Withers to be Featured on CUTV News Radio

OAKLAND, CALIFORNIA, USA, October 23, 2015 /EINPresswire.com/ -- Life coaching is about making changes and creating a sense of movement in the person's life. When we are emotionally overwhelmed, we can't see the possibilities. Coaching is the ideal modality to help a person transform their challenges into new opportunities for a life that is satisfying, joyful and purposeful.

Josephine Withers is a certified life and relationships coach offering spirit-based, heart-centered coaching to help individuals navigate major life transitions. With her compassionate, collaborative approach, Josephine creates a safe space where the client can draw on her own courage to inspire new ideas for their future.



“What I wish for my clients is a sense of

satisfaction and contentment with whatever choices they make,” says Josephine. “Ultimately, they are the person who best knows what’s good for them.”

Josephine had taught art history at the University of Maryland College Park for over 33 years before she pursued life coaching in 2004.

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“My specialty was modern and contemporary art and my philosophy was if they never remembered the name of a single artist, I was engaging their minds to see the world from a new perspective,” recalls Josephine. “When I would advise my graduate students, it was always more than just what courses are you going to take next semester. It was about life choices. Looking back, I can see I coached my students.”

Josephine serves as an inspiring role model for women who are fearful of making big changes in their life.

“People who know me think of me as an adventurous and courageous person,” says Josephine. “I’ve

walked the talk in my own life. Clients trust me even when I'm challenging them because I create a space where they can really flourish."

Still, says Josephine, the most important work in coaching happens between sessions. She will often give clients homework.

"Think of at least three things that you are prepared to change in your life," says Josephine. "It could be as simple as making coffee a different way, just something to create a sense of change and provide that sense of movement in your life."

CUTV News Radio will feature Josephine Withers in an interview with Jim Masters on October 27th at 4pm EDT.

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

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

For more information on Josephine Withers, visit www.josephinewithers.com

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