

Jeanne Northington of Life Coaching Solutions to be Featured on CUTV News Radio

BIRMINGHAM, ALABAMA, USA, October 29, 2015 /EINPresswire.com/ -- Henry Ford once said: "Whether you believe you can or believe you can't, you're right." Unfortunately for many of us, we believe we can't. Though we set goals for ourselves, we often have a nagging sense it's not going to work out, that we're powerless to change our lives, that we're stuck.

According to life coach Jeanne Northington, when we can change our beliefs, we can change our reality. Northington is the founder of Life Coaching Solutions, a coaching organization that promotes self-empowerment to help move individuals from stress to peace and prosperity.

"Life coaching is a partnership that promotes change," says Northington. "The emphasis is on problem solving, reaching solutions, and moving forward on one's life journey. My role as a coach is to hold the client accountable and encourage them to take the necessary steps toward meaningful change."

Northington provides training, encouragement, and hope as her clients walk their path to success.



"I have a high degree of empathy for people and I enjoy helping others solve problems," says Northington. "That combination is perfect for a counselor or a coach."

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A licensed professional counselor since 1994, Northington transitioned to life coaching in 2008.

"Counseling often involves serious emotional problems; the motivation to change isn't always there," says Northington. "People come to coaching with a goal, and the motivation is more positive. The people are usually more optimistic, too."

And as coaches we assume the client is a resourceful and whole person.”

Northington says the primary method of change she used as a counselor was cognitive behavioral therapy, which seeks to help people change their beliefs so they can change their emotions, attitude, and ultimately their situation. But Northington says CBT works primarily with the conscious mind. In order to manifest meaningful, long-lasting change, we need to change beliefs at the subconscious level.

Our lives are a reflection of our beliefs. These beliefs —usually subconscious— are the cumulative effect of life-long “programming.” PSYCH-K is a process that allows us to effectively re-write the software in our mind, changing beliefs that sabotage us into beliefs that support us quickly and easily. Imagine having the tools to overcome fear and the ability to achieve what we really want out of life!

“The more I used PSYCH-K, the more success my clients enjoyed!” says Northington. “I love change and I love to see people achieve change by finding their own answers.”

CUTV News Radio will feature Jeanne Northington in an interview with Doug Llewelyn on November 2nd at 12pm EST.

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

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

For more information on Jeanne Northington, visit <http://www.lifecoachingsolutions.net>

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