

# Elizabeth Coons of Live Your Brilliance to be Featured on CUTV News Radio

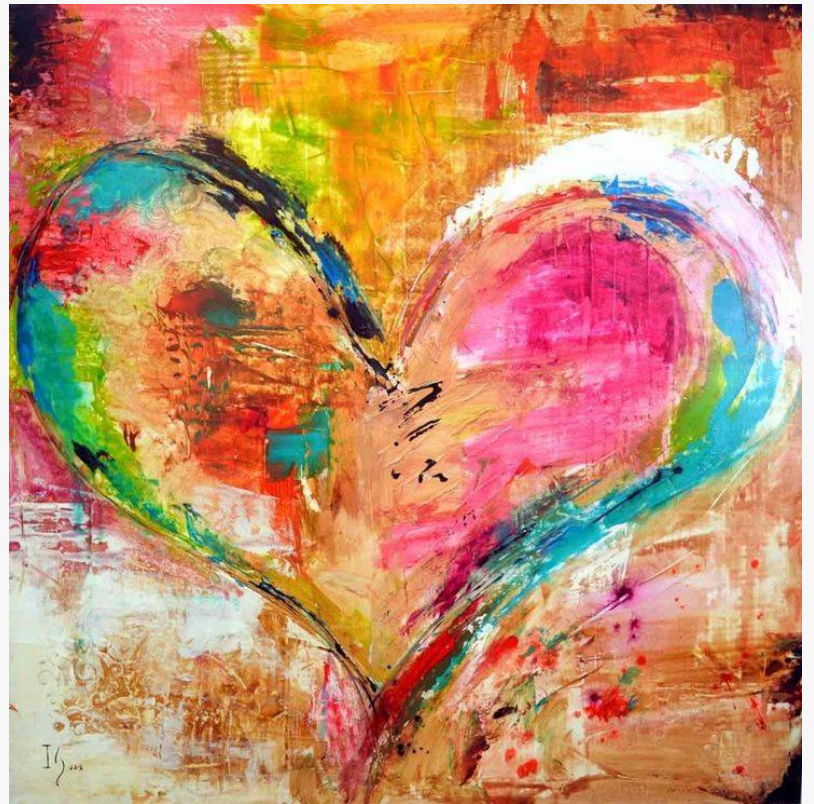
LEXINGTON, KENTUCKY, USA, November 6, 2015 /EINPresswire.com/ -- Having a support system in place when facing a difficult transition, working toward a goal or overcoming a challenge allows you to accomplish much more, much faster.

Elizabeth Coons is the founder of Live Your Brilliance, a coaching practice that supports women in the early and mid-stages of their careers to clarify career direction, address workplace challenges and create more impact and influence. Elizabeth works with women to build career paths and identify callings that are fully aligned with their personal needs and goals.

Elizabeth believes coaching is one of the most powerful forces for change and she is dedicated to supporting women to identify and successfully manage the specific obstacles that keep them feeling small. Her work has become a laboratory for examining the internal tug of war that many women experience as they face difficult decisions and challenges around career, family and self-care.

"While all of us as share many of the same struggles, women experience unique challenges in searching for the right balance of career, family and personal fulfillment."

According to Elizabeth, she has observed a "disconnect" between the strengths and gifts women possess versus how they actually show up in the world. She notes that too often, bright, capable and talented women are held back by self-doubt or fears that keep them from following their instincts or sharing their voice.



Through her coaching practice, Elizabeth offers concrete tools and practices in a neutral, unbiased space for women to fully examine what is stalling their progress, what it is they truly

to achieve it.

Elizabeth says her desire to coach grew organically out of her own experience. Finding herself at a crossroads and torn by her responsibilities as a wife, mother and daughter and her own personal goals, she hired her first coach.

"Coaching helped to move me forward at a time when I was really stuck as to what the best next step was for me," recalls Elizabeth. "I think it's critical that women stay grounded in who they are and what's truly most important to them."

Elizabeth says one of her greatest skills as a coach is identifying what her clients need to find clarity and to see their way out of the pressures, expectations and stress that can crowd their thinking. They can then make decisions, pursue goals and establish habits both in their careers and their personal lives that fully align with who they are.

"It's not just about being successful," says Coons. "True fulfillment comes from sharing your voice and finding an impactful way to bring your unique gifts into the world. It makes me really proud to help women find that level of fulfillment."

CUTV News Radio will feature Elizabeth Coons in an interview with Doug Llewelyn on November 9th at 11am EST.

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

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

For more information on Live Your Brilliance, visit <http://www.liveyourbrilliance.com>

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