

# Dineen Carta of Unveil Your Voice Life Coaching to be Featured on CUTV News Radio

ALBANY, NEW YORK, USA, September 13, 2016 /EINPresswire.com/ -- We all have a driving force within us to evolve and grow and ultimately live happy and fulfilling lives. We all have a calling to grow beyond who we perceive ourselves to be.

When we follow the path toward what society has told us we should be, we lose contact with our inner voice. Over time, that inner voice becomes quiet if we don't listen to it.

Dineen Carta is a certified Psychosynthesis Transformational Life Coach and the founder of Unveil Your Voice Life Coaching where she specializes in helping men and women find their authentic, creative, prolific selves.

"I work with people who are questioning their lives half-way through. They're wondering to themselves, 'Have I fulfilled what I wanted my life to be?' Whether it's in their relationships, career, creativity or spirituality, I help people find their true path today by reconnecting them with their inner voice."

According to the philosophy of Psychosynthesis, our inner voice is our essential self within us. Dineen describes the women she works with as kind, competent and strong, but they don't know how to honor all of themselves. As a result, they struggle to speak their truth, what their needs and values are, in their relationships and in their career.

"I see people's inner excellence and I enjoy seeing their growth," says Dineen. "I know from my own journey that it's really easy to lose your way. I chose coaching because it's about growth."

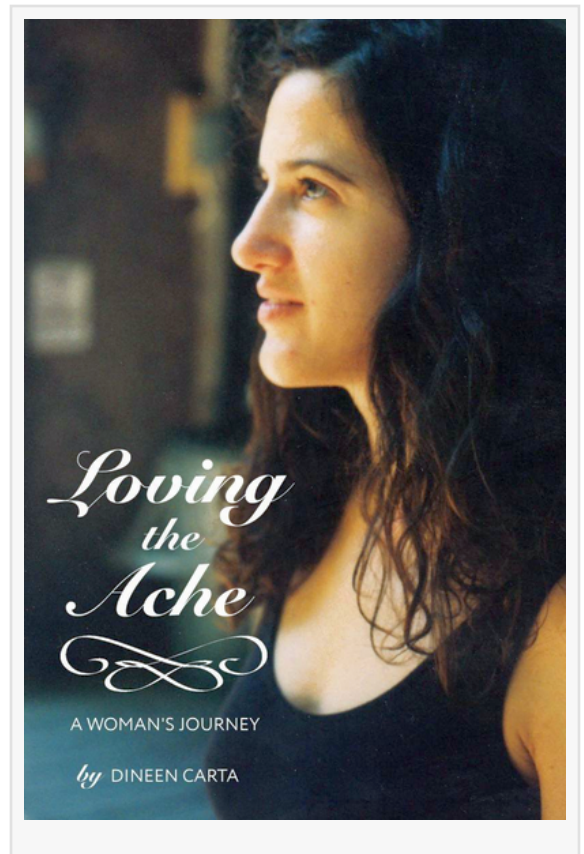


Dineen says she's always wanted to add goodness, joy and love to people's lives and help them expand, but in the past, she simply didn't have the belief that she could do that. Sixteen years ago, when her daughter was only four, Dineen lost her voice. But she didn't just lose it for a day or even a week; she lost her voice for three entire years. Her specialists at the time said her voice would never return.

But Dineen refused to accept their prognosis. She decided she was going to find a way to heal. In order to speak outward, she turned inward. Through that process of searching within, Dineen realized she'd been ignoring her inner voice.

"I had something to say and I wasn't saying it. I had something to express I was not expressing," says Dineen. "I had stopped listening to my own inner voice and I was not using my outer voice to speak my truth."

Dineen realized the key to getting her voice back was to begin sharing herself. Upon healing, she then created a whole life around using her voice. Today Dineen has a beautiful voice again and she can help you unveil your own.



"I never appreciated my voice until I lost it. I could hear something inside me saying: 'Use it.'" says Dineen. "That's what I want to translate into helping other people. Each person has their own unique beautiful path and their own beautiful way of expressing themselves in the world. It's meant to be heard whatever it is. So I want to help other people find that and live from there. That's where the joy is."

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I help people find their true path today by reconnecting them with their inner voice.

*Dineen Carta*

CUTV News Radio will feature Dineen Carta in an interview with Doug Llewelyn on September 15th at 1pm EDT and with Jim Masters on September 22nd at 1pm EDT

Listen to the show on [BlogTalkRadio](http://www.blogtalkradio.com).

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

For more information on Unveil Your Voice Life Coaching, visit <http://www.unveilyourvoicelifecoaching.com>

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