

Terri L. Carver of TLC Life Coaching to be Featured on CUTV News Radio

DAVIDSON, NORTH CAROLINA, UNITED STATES, March 15, 2018 /EINPresswire.com/ -- How many of us go along with life's daily tasks, doing what you think you are "supposed to be doing," without stopping to reflect on our real calling? Does something make you stop and seek a better way to live your life? For many, that turning point comes when Certified Temperament Coach Terri Carver of TLC Life Coaching asks: "What is your passion? What's next?"

Many things are common amongst coaches, but Carver is distinguished by her ability to help people write new chapters in life. Sometimes it's turning a hobby into a workshop; sometimes it's igniting a business. By cultivating self-awareness, showing compassion, humor and her own vulnerability, Carver helps people explore and bloom.

Carver worked in the dental industry, as a dental assistant, dental instructor and department chair, and as a clinic volunteer in a large homeless shelter, for over thirty years. People always used her as a sounding board and sought her advice, and that helped her discover her own new healing purpose. She obtained a counseling degree in 2004. After a brief period focusing on group counseling, Carver decided she preferred life coaching. The learning and self-growth journey continued. She let herself be open and raw. She let go of perfectionism, something Carver often urges clients to do. Her coaching business opened in 2014.

Carver works one-on-one, as well as in group workshops, many conducted online. A favorite guided workshop is dedicated to the Vision Board. Using a "Be, Do, Have" format, Carver helps clarify what you want and design a vision for your best life. Setting intentions this way is just one technique she uses to inspire self-exploration.

Along her journey, Carver had mentors of her own. One was Brene' Brown, and Carver is planning a workshop based on her philosophies and books, such as *The Gifts of Imperfection*, *Daring Greatly*, *Rising Strong*, and *I Thought It Was Just Me (But It Isn't)*. Like Ms. Brown, Carver examines feelings of guilt and shame, how we think about ourselves, and how to grow stronger from a place of worthiness.



Carver lists workshops, events and more on her website, whose home page features a sprig of lavender. Carver understands the therapeutic benefits of scents and that they can trigger appetites, moods, feelings and thoughts. For her, lavender is a special flower that represents our feminine ability to turn inward and increase awareness. Visit this site and tune in to learn more about Carver's life, Southern roots, and work.

CUTV News will feature Terri L Carver of TCL Life Coaching in interviews on March 19 with Doug Llewelyn and 26 with Jim Masters, each at 11:00am EST.

Listen to the shows on [BlogTalkRadio](#)

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

For more information on TLC Life Coaching, visit www.tlclifecoachinghome.com

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