

## Ericka Foley of Moving Forward-Shaping Your Reality to be Featured on CUTV News Radio

CINCINNATI, OHIO, UNITED STATES, June 18, 2018 /EINPresswire.com/ -- It's Sunday evening. You're home relaxing after an enjoyable weekend, when suddenly you're filled with dread. Tomorrow is Monday. You have to go back to work.

If this feeling sounds familiar, you're not alone, but it could mean your work is not aligned with your values. Your labor is not aligned with your love.

Ericka Foley, ACC (Associate Certified Coach) is the founder of Moving Forward-Shaping Your Reality, a career coaching practice for executive women. For 20 years, Ericka has helped individuals to reach their career goals. Five years ago she decided to focus on women because she understands and resonates with the challenges women encounter in the workforce



“My drive is for women to not be sad, frustrated, or angry in the workplace,” says Ericka. “It’s very important to have a clear vision of yourself and what you stand for. If your work is aligned with your values, you’re much more likely to succeed, so my practice focuses on who you really are and what you really want.”

Ericka says it’s not good enough to work hard and hope somebody notices you. You are in charge of your career, which makes you part of the process in shaping your career success. You need to understand your own strengths and opportunities,

“Coaches do not drive conversations. Coaches do not have the answer. You are the expert on you and I want to know about you,” says Ericka. “How do you want to be perceived in the workplace? How do you make a positive exit and start your own business? How do these goals connect to your vision? I support you to reach those goals.”

A mechanical engineer by trade, Ericka has worked with women in STEM. She also works with women in nonprofits and for-profits.

“I work with STEM because I am a STEM person. I understand how STEM brains work and I can meet them right where they are and speak their language,” says Ericka. “I can work with non-profits

because I've worked in non-profits and I saw the differences in culture.

"I work with veterans because my father is a veteran," says Ericka. "Our servicemen and women have made a sacrifice and their families have made a sacrifice. If you're a veteran and you need career coaching, I'm going to teach you how to translate your military skills into skills that a civilian employer can understand and appreciate."

CUTV News Radio will feature Ericka Foley in an interview with Doug Llewelyn on June 20th at 1pm EDT.

Listen to the show on [BlogTalkRadio](#)

If you have questions for our guest, please call 347-996-3389

For more info about Moving Forward-Shaping Your Reality, visit [www.erickafoley.com](http://www.erickafoley.com)

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