

# Sharon Rolph of Effortless Vitality to be Featured on CUTV News Radio

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[/EINPresswire.com/](http://EINPresswire.com/) -- Am I still learning and growing? Everyone should ask themselves that question every day. We all have free will; but we're so afraid of change that we forget that we have the choice.

Sharon Rolph is the founder of Effortless Vitality. Effortless Vitality is for anyone in any stage in their life, but especially for individuals navigating transitions like career change, retirement, or a major event like the death of a spouse.

"When you're making choices and living from your heart, it should come effortlessly," says Rolph. "Making a choice for ourselves takes courage. I'm here to support people in making choices that bring them joy."

Rolph specializes in coaching people in the early stages of their retirement. She focuses on retirement because retirees often need help motivating themselves without the structure provided by their working life.

"A lot of people say, 'I'm going to travel when I retire.' Well, are you going to travel 24/7 for the next 25 years? Time can bore you and especially if you never learned to relax or breathe deeply and enjoy nature. That is going to be a challenge.

What are your talents? How can you weave your natural talent into something that's meaningful and has value?

Rolph says it's important to learn something in retirement because it keeps our minds so much healthier and dementia at bay.

"I love to inspire and encourage people," says Rolph. "Thomas Wolfe said, 'If a man has a talent and cannot use it, he has failed.' I don't want to stand before God and say, 'You know that talent you gave me? I buried it.' And I don't want that for anyone else, either. I think everybody should be doing what they're especially good at. There's so much potential and possibility in retirement."

"When I first retired, I started asking myself, 'Who am I when I'm at my best?' If we live each day at our best, if we're still learning and growing, the possibilities are endless, even when we are retired."



CUTV News Radio will feature Sharon Rolph in an interview with Jim Masters on June 27th 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 Effortless Vitality, visit [www.effortlessvitality.org](http://www.effortlessvitality.org)

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