

Janie Murray of Sage Life Solutions to be Featured on CUTV News

INGLESIDE, ILLINOIS, UNITED STATES, January 11, 2019 /EINPresswire.com/ -- People don't take the time to really get to know themselves. Life coaching is all about taking a really good look at yourself, embracing and accepting yourself for the unique person you are.

Janie Murray is the founder of Sage Life Solutions, where she offers one-on-one and group life coaching as well as mentoring for people becoming life coaches.

"The people who find me are seekers. They're looking to do something different with themselves. They realize on some level they aren't all they could be," says Janie. "Whatever I can do to make the world a better place person-by-person, group-by-group, is what I'm all about. Allow yourself to explore things. Recognize that people grow through their whole lives, and that is a very good and healthy thing.



Janie started on her path teaching high school math in the inner city of Chicago for ten years. She then made her first career change, entering the business world where she spent the next 30+ years as a human resources executive. She holds an MBA, a certificate in mediation and one in life coaching. Janie's personal experience includes several life challenges including divorce, single parenting, step parenting and career changing. She now wants to help others avoid some of the pot holes along those roads.

About teaching, Janie commented, "You've got to be quite a salesperson to teach math in the inner city. With so many of the students, it's not that they can't do it; it's they are convinced that they can't." As Henry Ford said: "Whether you think you can or whether you think you can't, you're right." Giving yourself permission to learn and make mistakes is key to a happy life.

Today, Janie works with clients to help them to realize who they are and what their passions are as the vehicle for growth. Besides one-on-one coaching, Janie offers a five-week course through Sage Life Solutions called "Dream Big and Have It All." It's a great way to establish a healthy foundation from which to build the next chapter in your life.

"It gives you a framework to get to know yourself. It helps you explore and answer such questions as: Who are you? What's your moral compass and ethics? What is important in your

life? What gets you out of bed in the morning? Where do you get your energy from and what's your passion?"

Janie says all success in coaching begins with developing and embracing a healthy concept of self-love. That leads to self-care and ultimately to empowerment. "We are our own worst critics. That critical voice in our head never stops! It's constantly niggling. You get enough of that in the outside world. You don't have to do it on the inside of your world," says Janie. "With self-love comes self-acceptance and self-care. You stop the negative self-talk, you forgive yourself, you become your own best friend and you flourish."

CUTV News Radio will feature Janie Murray in an interview with Jim Masters on January 15th at 1pm EST.

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

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

For more information on Sage Life Solutions, visit www.sagelifesolutions.com

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