

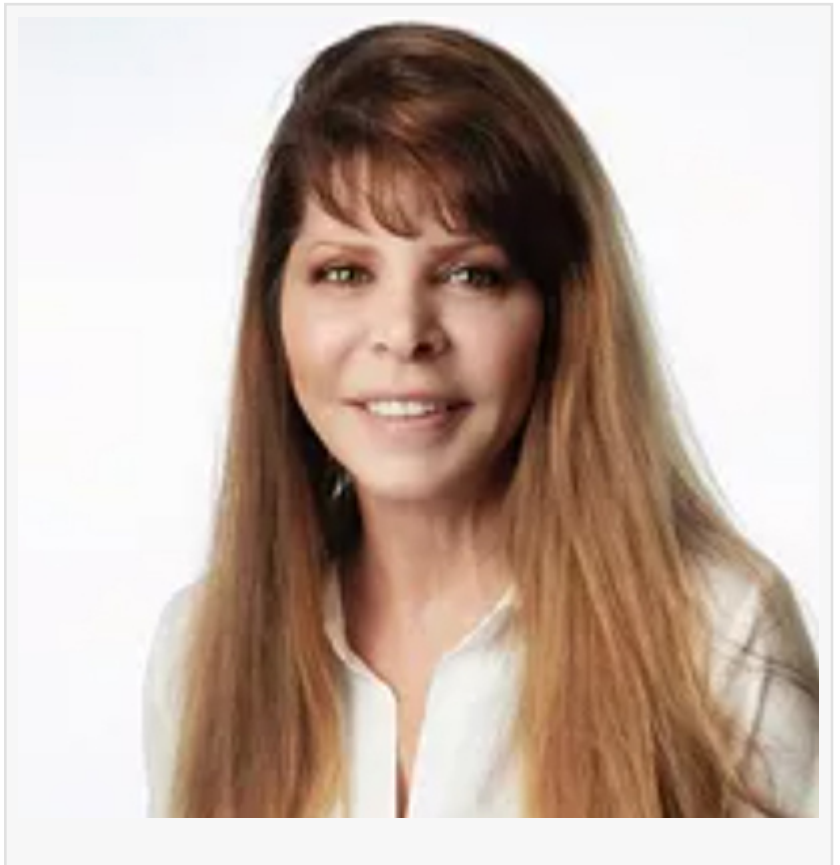
Cynthia Banks of Core Coaching Solutions to be Featured of Close Up Talk Radio

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[EINPresswire.com/](https://www.einpresswire.com/) -- Coaching is a partnership, personal relationship established and focused solely on you. With an authentic coach partner, the sky is the limit. They can make you a believer in yourself and the explosive greatness you are capable of. The question is: are you finally ready to be the core focus of your life?

You are extraordinary, incredible, capable of the greatness you have always had. Give Cynthia Banks a chance, and she will prove it to you.

Cynthia Banks is a certified professional life coach and founder of Core Coaching Solutions, where she specializes in personal growth, holistic wellbeing, spirituality and professional performance.



"If you keep making changes that don't stick, it could be because you are making changes for external reasons, instead of for yourself," says Cynthia. "By working from our core, and operating from being present and centered, there is empowerment."

Prior to launching Core Coaching Solutions, Cynthia spent her career drawing out the best qualities in people. Cynthia developed Core Coaching Solutions after tragedy struck in her life.

"When I lost my husband, I spent a great deal of time grieving. I really had to look inward. What is my core? That became my guiding light," says Cynthia. "It always comes back to what's at our core. We have to work with that in order to set goals."

"Core Coaching Solutions is about getting to a person's core and building outward from within.

It's about seeing the person for what they're capable of being and encouraging that: building their self-esteem and self-image. Mentoring people is something that comes natural to me."

Cynthia helps her clients identify obtainable goals to manifest their best self and future.

"In a coaching session, I start out your core. What are you made of deep down? What's meaningful to you? And I don't let people off that hook," says Cynthia. "Everything you will ever need in life you already have at your core."

Close Up Radio will feature Cynthia Banks in an interview with Doug Llewelyn on January 4th at 12pm EDT and with Jim Masters on January 11th at 12pm EDT

Listen to the show on [BlogTalkRadio](#)

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

For more information, visit www.corecoachingsolutions.com

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