

# Veteran Life Coach Patricia R. O'Connor to be Featured on Close Up Radio

NEW HARTFORD, NY, UNITED STATES, December 6, 2024 /EINPresswire.com/ -- With three decades of transformative coaching experience, Patricia R. O'Connor stands as a distinguished figure in the field of personal development and recovery coaching. Close Up Radio is proud to feature O'Connor, whose unique approach combines financial expertise, empowerment strategies, and a deep understanding of addiction recovery to help clients achieve lasting transformation.

O'Connor's journey began in financial planning, where she discovered that many clients' monetary challenges were rooted in deeper psychological issues. After a pivotal experience at the

Omega Institute in the early 1990s, she expanded her practice to include life coaching, obtaining her certification in 2004. Her comprehensive approach now addresses the full spectrum of personal development, including emotions, relationships, finances, body image, career, and spiritual growth.

"My approach is grounded in personal experience," says O'Connor, who maintains a 60-pound weight loss achieved through the same principles she teaches her clients. "Understanding the challenges of an addicted brain and body firsthand has given me unique insights into the recovery journey."

Several key elements distinguish O'Connor's practice:

- Integration of Parts Work methodology
- Extensive experience with 12-step programs
- Specialized focus on food-related challenges



- Empowerment coaching techniques
- Deep understanding of addiction recovery
- Holistic approach to personal transformation

What truly sets Patricia R. O'Connor apart is her ability to guide clients beneath surface-level issues to address root causes. Her three decades of experience have made her exceptionally skilled at illuminating possibilities others might miss.

As an honored elder in the coaching field, O'Connor's approach combines directness and honesty with deep compassion, helping clients view their challenges as opportunities for growth. Her practice focuses on supporting individuals in connecting with their authentic selves and discovering their unique contributions to the world.



Close Up Radio will feature Patricia O' Connor in an two-part interview with Jim Masters on Tuesday December 10th at 11am Eastern and with Doug Llewelyn on Tuesday January 7th at 11am Eastern

Listen to the show on [BlogTalkRadio](#)

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

For more information or to schedule a consultation, visit <https://www.patriciaroconnor.com/>

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