

Coaching Through the Broken Promises

Becoming aware and transforming our lives using coaching –

Welcome to our Sheer Inspiration Coaching site. I am Dr Jamie - a psychologist, board certified licensed clinical social worker, certified addictions professional, a TV interventionist, and most importantly, a person who is a life coach and therapist.

I am also a grateful recipient of both coaching and therapy, as well.

Just like you, personal challenges have abounded in my life. No one ever leaves this world unscathed. Don't you feel our lives could be entitled "Broken Bridges and Broken Promises?" Look back into your life and claim the awakening process.

Ask yourself some questions - some may make sense, and others may not:

- Have you lived your life according to other people's expectations?
- Are you at a place in your life where you want to transform who you are?
- After all that you have done in your life, are you now burning out?
- Are you entering the work force after many years of taking care of the family?
- Are you seeing that the original promise is just not working and are looking for a career change?
- Maybe you want to retire and are contemplating doing something entirely different in your life?
- Are you looking for some balance in your life because you now see that the alternative has not worked?
- Are you recently divorced and looking for direction?
- Do you have a dream and want to dedicate yourself to it completely?
- Do you want to discover purpose in your life?
- Do you have many interests and are not sure what path to take?
- Do you want help in transforming your body through diet and exercise?
- Finally, do you want to stop smoking?

In my own journey as a life coach, I have found that people do their best when they are being coached, taught or managed by a key person that they feel comfortable with. I have seen that tackling opportunities, problems or challenges may be unsuccessful tackled alone.

No doubt, all the questions you just asked yourself above can be best approached when you have someone right beside you who understands the issues that you confront every day.

You see, the expression "The bridge is broken...now you have to find a way over anyways," is the essence of the process of coaching. Awareness-transformation-collective love is our path, as we reach out to take the journey.

The awareness comes in no longer being so naive as to think that the bridge you have utilized all your life is still strong enough for the future.

The transformation is the use of coaching to identify new tools, promote deeper soul searching and find ways to re-parent oneself in order to transform to another way to “get over the bridge.”

And, of course, the feeling of collective love must first come from the feeling of self-love, which is found in the way we choose to structurally transform our bridge of life, so that it is sturdy, strong and capable of handling all that the future traffic will surely bring.

As we use coaching to move down the powerful road of self-discovery, we begin to connect with our authentic selves. Many people report rediscovering their soul's purpose and feel comfortable living in accordance with it. On the other hand, as we are controlled and react continually to the chaos that life provides daily, it is possible to fight identification with the authentic self, remaining a well-defended soul in a state of anxiety, tension and lack of purposeful energy.

Though many of us remember the anthem of the 70's by the Who, “I Hope I Die Before I Grow Old,” our chronological youth may be found behind us, yet many of us wake up to the realization that we have lived our lives in a dream from which we have never awoken. We find out that we must wake from this well-conditioned dream state. Having a coach who understands us is such a great step to take.

This is why we so believe in Sheer Inspiration Coaching, and want to make it available to everyone.

Broken promises come in so many forms:

Always wanting to have been in another profession and at mid-life finding yourself in the career you had to settle for.

Unhappy marriages that you never counted.

A father or mother who never accepted you.

Not having children when you have been sold the “American Dream.”

Having out-of-control children who have never “measured-up.”

A father or mother that accepted you in all the wrong ways, such as sexual abuse.

Never reaching an ideal weight.

Growing older and not being on board, mind, body and soul.

Career ending too early in life.

A child being estranged from you or the family.

A family member's illness that changed your life.

A disfigurement or birth defect.

A child's disability.

A loved one becoming ill with a terminal or chronic condition.

Contracting a chronic illness when you would have least expected it.

“The Love of Our Life's” scorn, whomever that may be.

There are countless broken promises all of us have sustained. Individuals are like snowflakes. Each person has his or her unique Broken Promise, his or her bridge that needs to be transformed to get to the other side. It may be found above or it may be a special one hidden only in your heart...

When I began TV Aftercare™ over 15 years ago, I was privileged to have worked with hundreds of guests on TV Shows such as Geraldo, Montel, Leeza, Men Are from Mars, Moral Court, Talk or Walk, Beyond with James Van Praag, and many others.

Coaching became a strong part of each guest's healing path after the show. No matter where they lived in the country, they were assigned a personal coach, who walked symbolically next to them as they transformed their lives after the talk, court or reality show was over.

Coaching was TV Aftercare™ and TV Aftercare™ was coaching.

I have worked with no one more impactful and inspiring in TV Aftercare™ than Leeza Gibbons. Today, we have sought to harness the powerful coaching energy that has worked so well on television for so many. We call it Sheer Inspiration Coaching

For many of us, just like the guests coached by TV Aftercare™, there are roadblocks (both internal and external) to reaching the complete happiness, health and healing we are entitled to.

It is not always easy to determine what is getting in the way of our total success, because we are so busy living the life we already have. That is why we need an objective coach to be with us on the road.

Sheer Inspiration Coaching is an interactive conversation between the coach and the

client which can generate shifts in awareness, and create subsequent engagement to effect personal transformation, ultimately creating powerful life changes.

Sheer Inspiration Coaching inspires you to take personal control of your destiny, experiencing breakthroughs vitally needed to awaken you to your authentic life.

Sheer Inspiration Coaching can provide some of the answers we are often unable to figure out on our own. Leeza and I will oversee the process to make sure that the coaching experience is the best it can possibly be. If you have any questions about Sheer Inspiration Coaching and how it can be the first step to future life of awakening, feel free to contact me, Dr Jamie Huysman, at drjamie@bellsouth.net.