

How to Navigate a Crisis with Confidence and Clarity

Even if it feels like the end of your world



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Hello there and welcome!

I'm guessing you're in a place right now that's rather uncomfortable.

The pain of a crisis

Perhaps you've been successful in your **career** for many years, and loved it... and now, for some reason, you can't wait to go home. You await Fridays with bated breath so you can 'have a life...' and you feel depressed on Monday mornings, or even Sunday nights already. You may have huge resistance to your tasks and do them at a snail's pace, IF you can get going at all.

Or, perhaps your intimate **relationship** is falling apart and it feels like your whole world will come to an end if the relationship does not survive this crisis. Perhaps your partner was unfaithful, or you made a mistake that he or she can't forgive. You've started to have awful arguments that go on for days, or give (or get) the Silent Treatment... and your heart hurts so much that you can't concentrate on the rest of your life. This is a painful, painful place.

Or maybe, your **health** is in crisis. You may have had a scary diagnosis and don't know where to turn. Everyone is telling you what to do, and your intuition is trying to tell you something.... And you can't hear the silent voice from your heart because it's being drowned out by all the well-meaning advice. You're terrified of how this will progress, and you just want it to go away. It's having an influence in every other area of your life and you know you want to solve this a different way than just taking the medicine.

You might be stuck in overthinking, analysis-paralysis, hurt, heart-ache, anger, fear, anxiety, worry and helplessness or hopelessness.

I've been there too. In every one of these. It's painful. It can feel like you're in prison with no way out. A life sentence. A crisis in one area, affects every area of your life. Work doesn't stay at work. An unhappy relationship doesn't stay at home. And your health certainly goes with you wherever you go.

I'd love you to take heart. Take a deep breath in. There are a number of things you can do that has nothing to do with resigning from your job, or giving up on your relationship, or 'just taking the meds'.

My name is Liesel Teversham, and I help introverted women who are in a crisis to find a way through, with confidence and clarity. So that they can navigate this difficult time with equilibrium, grace, and trust, and so they can clear out fears and emotional blocks standing in the way of moving forward towards a healthy career, relationship or body.

What if

Let's focus for a few short moments on something else.

What do you want instead of experiencing this out-of-control-feeling in this crisis?

What if you could have:

Confidence that you can navigate this crisis in a way that's right for you.

Clarity about your next steps, and the courage to take them.

Confidence to make the decisions that are a fit for you – your energy, your beliefs, what's important to you.

Trust that things are working out for you, even though the evidence has not yet appeared.

Trust that help will be available in many different forms.

Calmness and peace in the face of this terrible uncertainty.

Learning new empowering things about yourself, about life, about those around you – and taking this learning into the future with you as a new foundation of strength and courage.

Starting to trust your intuition because it's clear to you what it's trying to say.

Feeling grounded and calm, no matter what shows up and having tools to help you through the day to day stress.

Feeling like "I've got this" – even when more unexpected surprises turn up.

Having confidence in your ability to handle what comes your way.

Coming up with practical solutions to the current challenges, and finding ways around the obstacles.

Seeing yourself in a new way – through the lens of what's RIGHT with you, not what's WRONG with you. And being able to use those strengths to your advantage in this tough place.

No more trying to be perfect, accepting your humanness, and being okay with it.

Having compassion and kindness for yourself as you walk this difficult path.

Feeling grateful that this challenge popped up because you're suddenly aware of the many gifts it has brought.

Impossible?

If this sounds impossible right now, I understand that. All you want right now is for this challenge to go away. To be able to say "I want to rub it out and do it again" or "If ONLY I could redo this I'd do it so differently."

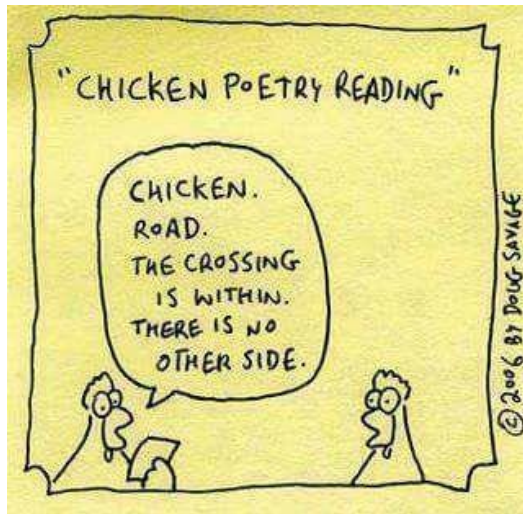
I really do get this place. In some of my darkest places I remember thinking "All I want to be is a cat. They have it easy. I can't do this! It's too hard for me! My life feels like it's an end. I'll never be able to face people again. I feel ashamed of what's happening. I want this to end!"

If you're there, first of all I want to express my empathy. I'm sorry. IT IS hard. It feels incredible tough and it IS stressful.

And, there is hope.

Let's get you started towards the other side of this steep path you're on!

Step 1: Commit to an Inner Journey



When we start a journey of getting out of a crisis, one of the most important factors is our attitude, our willingness to explore stuff we may have wanted to ignore until now. The truth is that the exploration and search may take a little time.

Certainly, sometimes we can quickly find another job, or patch up a relationship, or take the medicine and feel better. Doing this, our outer circumstances can change, and we feel like it's 'fixed'.

However!

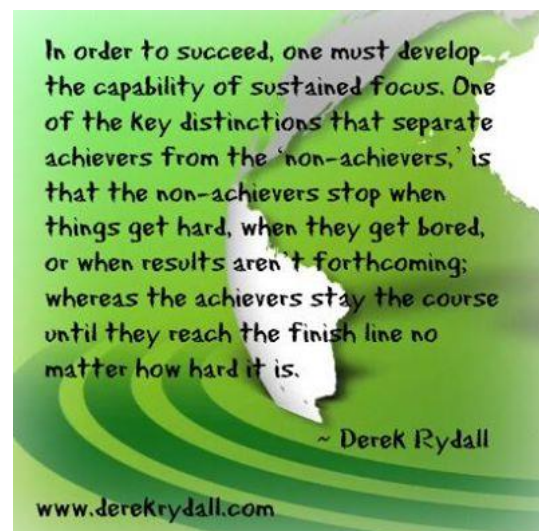
From my experience, there is a different level we need to look at so that we don't keep repeating the same pattern in another form. We need to do something I call 'The inner work'. If we don't do the inner work, I can almost guarantee that we'll have to repeat the I-need-a-new-job exercise, or my-relationship-is-failing a few times.

If we find the next best relationship after a painful break-up that because we're hurting (you know, that rebound thing?), chances are it's not going to be in our (or their) best interests. And so we can hop from relationship to relationship, looking outside ourselves for the perfect partner. Until we look inside and decide what works, what doesn't work, what we want in a partner, what we won't settle for, what limiting beliefs we have about ourselves, and what our needs are, we'll keep looking and make endless mistakes with an unsuitable partner.

A career journey is similar. We first need to do our inner search, and gain clarity on a few levels, before we commence the outward search for a position that will fulfil our deepest needs on a physical, mental, emotional and spiritual level.

In a health crisis, there are similarly many deeper levels we need to look at. Our body has broken down because of some factors that did not simply appear suddenly, out of the blue. We need to take an honest look at our patterns, what has shaped us into the body-mind we are currently.

Not in one single instance is there any blame or judgement here. The inner work involves absolute compassion and kindness for ourselves and our journey up to now. Great gentleness and just taking an honest, mindful look at what's gone before, and how we got here.



We need clarity in these areas to navigate a crisis:

- What your talents and strengths are
- What you value, and drives you, and can help you make decisions
- What the hidden inner obstacles are that have caused this crisis

As you might imagine, it could take a little while to work through these areas thoroughly. The clarity may not arrive in a day, a week or perhaps even a month. That's why we need to commit to our inner journey at the start. And, that's why we need to bring a few helpful qualities to the table with us.

My biggest recommendation is to have **patience, compassion** and **kindness** for ourselves during this discovery process. Just having that intention is already a major step. During the process, you might find yourself getting impatient. "I want this fixed NOW! WHY is this taking so long? I can't stand this crisis, I want it to be gone already!" are common thoughts.

That's the time for a reminder to yourself that you've committed to an inner process, that you can choose to be kind and gentle with yourself, and trust that the Divine has a plan for your life and it will unfold in the perfect way.

I know that patience is really hard for some of us. We each have unique strengths (we'll talk about that in a while) and for some, patience comes really easily while for others, it needs to develop. If your patience is spread on the thin side, see if you can simply notice your impatience, almost like watching yourself from a distance. That already is a step away from identifying with the impatience and will help you feel a little calmer.

We cannot create anything worthwhile and lasting from a stressed out space.

If we're stressed out, anxious, angry, impatient we're reactive, not creative. We're reacting to circumstances, not creating something new from a new mind.

Even Einstein said

"We cannot solve our problems with the same level of thinking that created them."

For tools to get to a new level of thinking, look at Step 4.

Remember: Kindness, compassion and patience are keywords for a mindful journey.

Action Steps:

- ☐ I commit to being patient on this inner journey
- ☐ I commit to treat myself with kindness and compassion even when it's tough
- ☐ I'm willing to look at some tough stuff I may have been ignoring or suppressing for a while

Step 2: Know your Talents and Strengths

This quote blows my mind every time I read it.

*"There is a vitality, a life force, a quickening that is translated through you into action,
and **there is only one of you in all time.***

*This expression is unique, and if you block it,
it will never exist through any other medium; and be lost.
The world will not have it.*

***It is not your business to determine how good it is,**
nor how it compares with other expression.
It is your business to keep it yours clearly and directly,
to keep the channel open.*

*You have to keep open and aware directly to the urges that motivate you.
Keep the channel open."*

Martha Graham

I'd encourage you to read it a few times, maybe even print it and stick it where you can see it. If we don't give the world our unique talents, gifts and expression, **the world will not have that particular set of beauty in any other way.** Never.

I want to share the story of how and when I found out that I have unique talents that no-one else has in **exactly** my mix.

I'd been working on self-improvement and personal development for many, many years. I was an EFT Trainer, a Quantum-Touch Trainer, a practitioner in many modalities and worked diligently on improving my weakness and triggers.

One day, a friend introduced me to my strengths. Those things I can do with eyes closed, walking backward. I thought I knew myself well, but on that day you could push me over with a feather. Some things about myself I'd been trying to wipe out or eliminate with all my self-improvement techniques, turned out to be my **talents**. It reframed some of my qualities completely. I can never adequately explain the feeling I had on that day... when someone told me **what's right with me**, instead of what I had to keep working on. And I've heard those words and feelings from my clients regularly since I introduced them to this work.

Here's the key: **Find a way to determine your natural talents and celebrate them!**

Here's what I know. When we go through a crisis, all our confidence can quickly disappear down the drain. Perhaps a boss is critical, or your partner criticizes you constantly or your health challenges have dumped you in a deep depression. You have NO idea how to get up and gain confidence that you can manage this road. You feel lonely, unsure of yourself, low in confidence and self-esteem and possibly even worthless. You might feel to blame, or smaller than an ant.

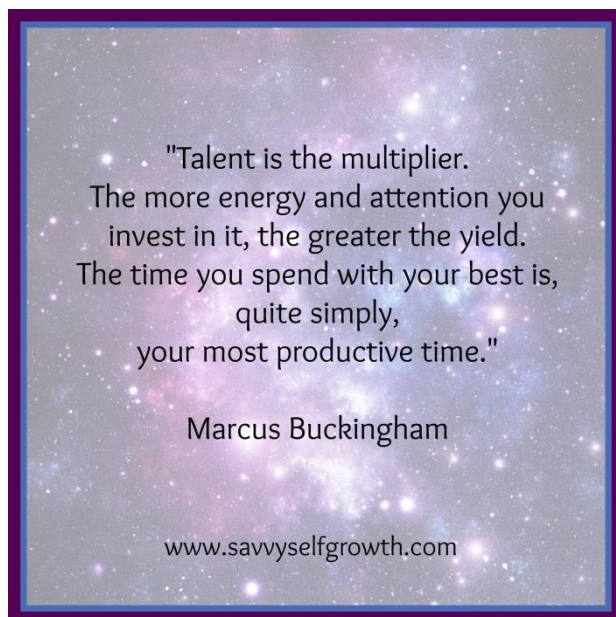
Finding your talents and strengths is an enormous confidence boost. It provides fuel and motivation and a feeling of "Yes, I CAN navigate this difficult journey".

I'm not talking artistic talent here. I'm talking qualities like 'I come up with inventive ideas effortlessly' or 'I love learning new things and then teaching it to others', or 'I create win-win situations and harmony in relationships wherever I go', or 'I really get the emotional world of other people and they feel safe sharing with me.'

Those are your 'super powers'! They're what's unique and priceless about you. Someone else may have some similar quality but they can never, ever express it in exactly the way you can.

When I work with clients, we determine our Talents with the Clifton (Gallup) Strengthsfinder, an online assessment that gives us a true reflection of 34 talents in your unique order. This scientific assessment is underwritten by 30 years of research.

When you know and own what's best, positive and right about you, it's so much easier to find your



footing in this uncertain, hard place. If you know you do your best work around people, you simply won't accept a job as a computer programmer sitting in a silent room all day. You'll go mad because you can't live your talents! And believe me, I've seen it happen.

You will stop expecting yourself to be something in a relationship that you simply can't be. You'll be able to explain this in a new language to your partner. Perhaps your partner will benefit from such an exercise too – where both people celebrate each others' strengths, miracles can happen.

And if you're experiencing a health crisis, you'll be able to use your strengths so beautifully to be at your most creative, inspired and motivated to surmount this health journey.

Action Steps:

- ☐ Write a list of at least 10 things that come easily to you. Things others might struggle with that, but to you, it's a no-brainer. For instance, for me it's showing empathy. Or teaching someone something they don't understand. Or seeing the connections between events and making sense of it all.
- ☐ [Contact me](#) if you want to do the Clifton StrengthsFinder or any online talent assessment. I absolutely **do not recommend doing it and 'just' reading the report**. I've seen people do that, and bury the report in the bottom drawer. Reports are dry, boring things to read. They tell you about something that does not directly relate to your own life. In a talent discussion, we dive deeply into how they show up in YOUR life, and you'll gain a clear understanding and appreciation for how you can continue to use them, and make them an even stronger support for your journey.

Step 3: Know your Values

What the heck are values? And why should you care?



“Your personal values are what're important to you; not something you want or would like to have, but something you literally **need in your life to be happy**. A value is a **principle** or **quality** intrinsically valuable or desirable to you. Values are personal. They are your convictions, your beliefs, and your ethics rolled into one. Your personal code of values may be identical to your family's values. Or they may be dramatically different.” ~ Jerry Lopper

Our values are born, usually, from the qualities, things or principles that are most LACKING for us. If you grew up with a lack of money, money may become one of your highest values as an adult. If you grew up with abandonment and rejection, love and affection may become some of your highest values later on. If you grew up with a lot of conflict in the home, peace may become a high value for you. It's not an absolute rule, however usually what we value most is what we have a perceived lack of. (It works the same in the economy).

The Business Dictionary says “Values exert major influence on the **behavior of an individual** and serve as **broad guidelines** in all situations.”

Most of us really don't have a very clear idea of what our values are. We may have a vague idea that earning money is rather important, but we don't know how important it is relatively to say, our intimate relationship. Or we may vaguely know that “peace” is important – but is it more important than the security of money in the bank?

When we know our personal values, we can start living by them and make our choices and decisions easier by using our values like a compass. If we don't have a clue what's important to us, many things that come our way may look important (almost like a bit of “shiny object syndrome”). This can lead to feeling overwhelmed and unfocused.

Not knowing our values can lead to confusion (What career should I choose? What direction should I take in this relationship? What direction should I follow for my health?), wasting time, living out of integrity and not understanding why we feel so uncomfortable in a situation.

I know someone who felt awful going to his business every day. It was successful and he made a lot of money. Yet, he was anxious every day as he got up to go to work. As soon as he heard about ‘values’ and determined his own, he realised he was living totally outside of his value system. His business was to sell people second hand cars. He never knew what problems lay under the bonnet of each car he sold. His top value was ‘helping and serving people’ – and this was impossible for him to do if he sold them a car full of problems. He knew that he could no longer stay in that business if he wanted to be happy.

Values can serve as a compass – do I want to go North or South? If a request made by someone is not in alignment with our values, we could have a very unpleasant time if we went along. Something will just feel off because it's not in alignment with what we really deeply value most. If we make choices and decisions in alignment with our values, we'll live a joyful life that feels easy, in integrity and authentic.

When a lot is at stake like In a crisis, making healthy choices feel very hard. When we're overwhelmed by all the charged emotions, things that can go wrong (and have already gone wrong), and possible negative outcomes, it is difficult to make good decisions that feel in integrity to us.


Values are not written in stone. As we continue to grow, our values might change. Usually not 180 degrees – but what was important in our young adult life (for instance, providing for a family) might change as we hit midlife and want to find more meaning. So, it's important to revise our values every now and again to make sure we can live an authentic and meaningful life.

If our personal values are out of alignment with the values of the company we work for, or our intimate partner, or the doctor we visit, I can guarantee an unhappy and stressful time. Our values are our NEEDS. If we live and work out of alignment with our values, stress is the result. In my experience, ill health and unhappy relationships will follow, amongst others.

Action Steps:

- ☐ [Click here for a free exercise to determine your values](#)
- ☐ I have done this exercise to find my own values
- ☐ I've written a calendar entry to review my values next year this time

Step 4: Clear Inner Obstacles



"When I dare to be powerful,
to use my strength
in the service of my vision,
then it becomes less and less important
whether I am afraid."

Audre Lorde

www.savvyselfgrowth.com

When we're feeling stressed out, and wondering which path to choose, the prefrontal cortex of our brain literally gets less blood flow. The amygdala (the main fear centre of the brain) is activated, and we cannot think clearly. In this state, we're in 'fight-flight-or-freeze' mode and our decision will be based on fear, or other emotions. When we make emotional decisions, we often regret it because it was not made from a place of 'inner knowing' or intuition.

We need tools and techniques to clear out the inner obstacles like fear, anxiety, uncertainty, doubt, anger, frustration, irritation and all those other emotions.

Not only do we experience powerful emotions during times of uncertainty and change. We could also be hampered by things we believe (subconsciously) about ourselves, life, other people, our worthiness and what we deserve to have.

These beliefs sit hidden in the subconscious part of our brain. They were formed in childhood, mostly under the age of 6, for very good reasons. Our brain is designed to keep us safe and help us to survive. When we have scary experiences as a child, this part of our brain creates a trigger and says "Well, I'll never let you do THAT again. That was painful!" and so a belief might start that's something like "I can't speak up" or "When I speak up, something terrible happens", or "I'm unworthy", "I'm unloved/unlovable" and many thousands of other beliefs.

They can hamper us from going forward. At the time these beliefs were formed, there was a positive intention to keep us safe. Often, unfortunately it's misinformed beliefs. We gave an event meaning as a 4- or 6-year old, with our limited life experience.... And the meaning we gave it might be 100% false.

Those beliefs probably don't serve us anymore as an adult. The trouble is, once in the subconscious, it stays for good, UNLESS we find a way to clear out the old emotional charge and meaning we gave those events. The subconscious mind dictates around 95% of our lives, while we're only making conscious choices around 5% of the time. And even then, when we think it's a conscious choice, it may have at its root something like "You'll never make it anyway" so we don't even try.

Emotions are normal and healthy, especially in times of big change. I'm not saying we shouldn't have them. However, if we want to create a healthy new career, relationship or wellbeing from an unhealthy, contracted emotional space, we usually don't create something we're going to love and be happy with for a long time.

Your life is important. You want to make wise decisions.

There are tools we can use to help ourselves get calm, so the brain can think and make the best decisions. These tools can also help us let go of the effects of those beliefs in the subconscious mind, that no longer serve us. I love working with **EFT**, **The Sedona Method** or **Byron Katie's The Work** (Four Questions and a Turnaround). They're all very effective to calm the fears, and let our inner knowing and Spirit speak.

The journey to the other side of a crisis is not an 'event' that we arrive at one Monday afternoon. It's exactly that – a magical journey of discovering ourselves, what's important, what makes us come alive, letting go of beliefs that hinder us... and when we're silent enough inside, we can discover our soul's voice, that can let us know about our purpose for this life. That purpose can change from year to year... and if we're stuck in one idea or perception, we won't hear what this voice is trying to share with us.

The mindfulness tools we use can help us get calm and still so that the Wise voice of our heart and soul can be heard.

EFT to Calm the Mind

As a super extra bonus, I'd love to share with you the tool I most often use to help my clients calm their fears around gaining clarity and confidence for solving a crisis. I understand exactly how stressful and uncertain a crisis can be – I've had a few time myself. My own career path has taken me from musician, to computer programmer, to helping clients with stressful events, to creating a training company, to author. I'm married for the third time (thankfully blissfully, this time!) and I've had an awful journey with depression, TMJ and other stress-related illness.

I was an EFT Trainer for many years and it's still my favourite self-help tool. It can be applied in a few minutes in the most stressful times of your day, or, you can find quiet time at the end of your day to look at the most stressful bits and get calm around the whole day so you can have a good night's sleep.

One of my favourite things about EFT is that it calms us to such an extent that we can suddenly see a clear solution for the problem we have. I don't know about you, but when I'm freaked out or unreasonably stressed about a challenge, there's no way I can think about a solution or come up with action steps. My mind races, my stomach is in a knot, I feel panicky, my breath is shallow, and I just can't think clearly about what to do. Mostly when I feel like this, I don't make great decisions and can't take effective action either.

Instead of more talking about EFT, why don't we experience a bit of it? I'd love you to think about something that you're anxious about right now. It could be the uncertain road ahead of you. It could be leaving a familiar job, and a familiar routine. It could be that you have some money anxiety... or don't want to lose precious friends at your current job. Anything about your journey that makes you anxious, please bring it to the front of your mind.

Now, we're going to show you exactly what the steps are to help you feel calmer with this wonderful method called EFT (or tapping).

I invite you to watch a replay of a webinar I hosted, on using EFT to overcome anxiety. Listen and play with us and for the best benefit, please do the action steps as we're doing them in the webinar. You'll feel relief, calm and more peace. Nothing to lose, except for uncomfortable feelings!

Go here now to watch and participate – there's nothing to install. Just click and play.

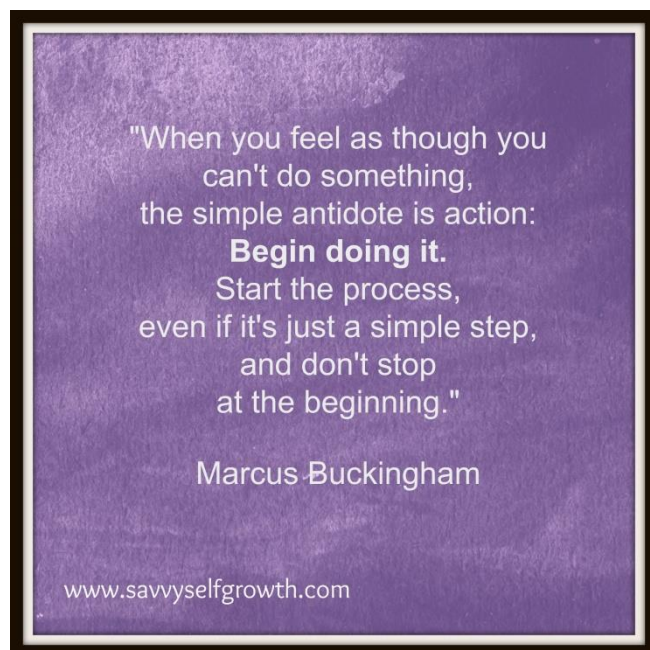
<http://iTeleseminar.com/59296827>

Action Steps:

- ☐ I'm willing to look at my inner obstacles, fears, challenges and limiting beliefs.
- ☐ I want to working with my fears and challenges in a mindful and emotionally intelligent way.
- ☐ I've watched [the webinar on anxiety](#) and found some relief for my own anxiety (or other uncomfortable feelings) around the crisis I'm in.

Step 5: Step out in a Positive Way

We need to take action! It does not help to sit on the couch, lament our lot in life, the bad economy, the lack of education, or the belief that we're too old/young/fat/dumb to create the life we really want.



Procrastination and perfectionism kill our dreams. And they very often occur in a crisis – especially for introverts. We tend to overthink and overanalyse, and get paralysed with indecision.

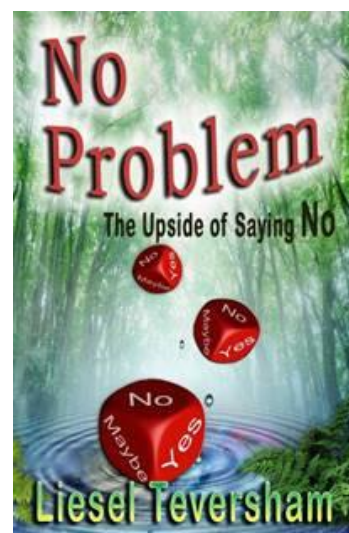
To take action in the face of fear and uncertainty can be SO scary. I know! I've been there so often with big projects I wanted to tackle. The first time I thought of doing a webinar, I nearly fainted. When I was planning a Telesummit on Self-Care, I wanted to pass out from anxiety. I did them – because I had someone by my side, cheering me on, taking me by the hand, leading me through the small steps.

I'll never, ever forget the feeling when I first found the perfect coach and mentor to help me with my book marketing strategies.

Before that day, I had published my book **"No Problem. The Upside of Saying No."** and had no idea how to get the message out into the world. I was fumbling and stumbling along, getting more and more despondent by the day with my lack of progress. I had 50 books at home waiting to be sold and I had no idea how to do it.

Through a series of synchronistic events, I enrolled on a book marketing course that taught us excellent tips and strategies specifically for book marketing. At the end of the 6 week period, the instructor offered me a free call and we had time to explore my dreams, my frustrations and what I wanted to accomplish. She offered me a 6 month mentoring program to help me with my personal goals.

I can't even begin to describe the flood of relief that washed through me. I was literally in tears. It felt like I wasn't alone with the struggle anymore. Here was the perfect person to help me – she'd marketed her own books, and had helped countless other authors too. And she was a great person I could relate to, whose company I loved and enjoyed. I spent about 18 months learning from her and we're still friends to this day. The journey was simply priceless.



It's so hard to do these big journeys alone. Oh, we **can**, yes. We're all courageous and resourceful and we've come this far! But it's **just so much harder to do it by ourselves**, to figure out the best way to do things, and we're usually not our own best supporter.

I don't know about you – but when I don't make progress, I tend to go into self-blame and judgement, and I'm not very friendly with myself at all. I say things like *"I should have been further along! Why aren't I making headway?"* and if I don't check my thoughts at this point, it could spiral down into *"I'm no good at this, I should just give up... I wasn't mean to do it if it's this hard, I'm a terrible failure..."* and on and on. Taking out the whip and **really** using it.

Please – don't do that to yourself. Don't make yourself out to be a failure if you simply haven't made progress by yourself. Big things are so much harder to figure out by ourselves.

One of my clients has a successful business that she'd been building up and loving for 17 years. In the past few years, she just didn't love it as much anymore and she had no idea why. We talked one day about the Strengths work I do with my clients and her ears perked up. She asked what that meant, and how I think it could help her.

You know what? The very next day she was sitting in my office for her first session. She really, really, really wanted to figure this out and either love her business again, or find something else that she could love. She was dreading her work so much that she was in tears some Monday mornings. She wanted that to stop – and she wanted to love her Mondays and every single day of the week.

She's now worked through one of my programs and she knows exactly where she made a few wrong turns. Because she intimately got to know her talents and strengths, she's 100% clear on where to make changes, where to hire someone, and she's working towards selling this business and creating her next dream business. Now she has absolutely clarity on how to create it, what needs to be in place for her to enjoy it, and which tasks she should absolutely NOT do herself – because that will take her right back to despising work.

Another client who came to me because her intimate relationship was falling apart due to a relapse as an alcoholic. That crisis sent her into a tailspin. She wanted help to fix the relationship - and in the end, she had a massive growth journey for and about herself. Nothing about the relationship could be fixed until she'd looked at the beliefs she had about herself, solved some of her childhood experiences that taught her negative things about life and started gaining confidence and clarity. Her self-esteem grew dramatically. She could act differently in the relationship, not because of effort, but because she experienced inner change. Her partner noticed she wasn't as needy as before. Everything changed for them and they're still happily together.

I invite you therefore to find someone to be accountable to for this exciting journey! Someone who can hold your hand, be supportive, and cheer you on. We don't have to do the scary stuff by ourselves. Life is not for going it alone. There's help out there, whether it's a friend, family member, mentor or coach. Don't stop yourself from discovering a happy career, a happy relationship or excellent health because you're scared.

Remember the quote in the beginning?

*"There is a vitality, a life force, a quickening that is translated through you into action, and **there is only one of you in all time**. This expression is unique, and if you block it, it will never exist through any other medium; and be lost. The world will not have it."*

Don't let the world be without your beautiful and unique contribution. It's time!

Action Steps:

- ☐ I commit to find someone to help me get started.
- ☐ I have found someone to help me get started.
- ☐ I feel my fear and I commit to start anyway!
- ☐ I commit to one small action step this week (written below):

☐

And Finally...

Now you know which steps to take to get through any crisis with confidence, clarity and trust! It may not take a week or a month. It may take a while. But mindfulness is not about getting the quickest result. It's about going on your journey with full awareness and attention to every step. It's about loving the discovery process, and paying attention to each one of your emotions, and the message they have. And the more present we are with each small step, the more we can enjoy the process and love the moments of our lives.

Remember, like I mentioned before... sometimes finding a career or relationship we love doesn't mean finding a different job or partner. When we rediscover ourselves, work with some of our beliefs and triggers, and explore what gives our life meaning, I experience often that we can have a different relationship to our current position or partner – and stay right where we are, but happy this time. Or, in a health crisis we can have a different relationship with the illness or dis-ease – and change our experience of it while gaining many incredible gifts.



For free tips and inspiring interviews with career experts, you can listen to [previous episodes](#) of my podcast '**Mindful Career Transitions**'. It's on 'pause' at the moment – until further notice, no new episodes will be produced.

Want to explore working together?

If it feels to you like you'd like to explore possibilities of how to get through your current crisis in a mindful and conscious way, I warmly invite you to [fill in this application form](#). We'll have a relaxed conversation about your challenges, your goals, and perhaps, if it feels like a fit, we'll discuss next steps and get you started on your road.

Thank you for being here, and giving me the opportunity to spend a bit of time with you. I wish you a wonderful, fulfilling life that makes your heart sing, where your greatest gifts will be appreciated and where you are healthy and brimming with energy.

With much love and warmth,
Liesel Teversham