

Susan Teegen - Coach | Counselor



I work with people navigating life transitions as they move from what has been to what might be.

Sometimes we choose transitions and sometimes they are thrust upon us. They can be messy and painful, and exciting and inviting. They can be disruptive and anxiety-provoking and also creative and full of possibility.

Transitions can initiate a period of reflection and evaluation of what's most important. They can invite possibilities for embodying our dreams, and leading with bold expanded vitality.

In order to help build your resilience and mobilize your energies for your next steps, we can collaborate using a variety of approaches including Gestalt which is relational, attends to the whole person, and is centered in the here and now. We can engage in dream work, strategizing, diverse creative arts explorations, and other processes that will help you embody your aspirations.

We will partner to:

- Examine and unclog stuck places
- Grieve and honor what you want or need to let go of
- Amplify your creativity
- Awaken and realize dreams for this time of your life
- Clarify and center in your values, sense of purpose, and what gives meaning and joy
- Create strategies that help you cross the threshold into “the new day.”

Call or email me to see if this is a fit for you:

Susan Teegen, MDiv, GPCC, ACC

susan@susanteegen.com

484-441-6011

**The painting above represents expansiveness and groundedness, stability and possibility. It invites me to pause and breathe in a wider view, open to the sky, rest on rocks, walk among trees, swim in fresh waters; listen to beauty and connect with purpose. What does it evoke for you?*