

Life Transition Expert Who Helps Individuals Put the “L” Back Into Living

Sallie Felton, CMC, ACC is living proof that people can go through a major life change and can not only survive, but can thrive. After years of frustration and searching for her purpose, she decided to leave her proper Yankee upbringing, traditional education and competitive sports career behind to pursue her true passions. It's been 20 years and she hasn't looked back. Now, she is helping others do the same.

Like leaves on a tree, life is a collection of changes stemming from old roots and exciting new leaves. Every life has its share of expected and unexpected trials, and with a life coach or mentor by their side, individuals can not only get through hard times, but can develop the life they always wanted. Drawing on all types of counseling and acting as a partner and cheerleader, Felton is a life coach and transitional specialist that uses her client's individual strengths to create and support his/her successful life goals.

Her expertise is regularly experienced by individuals all over the U.S. and abroad through her renowned radio show, *A Fresh Start with Sallie Felton*, which is broadcast live in Seattle on 106.9 FM HD Channel 3 and is available via the WorldWide Web, Telstar Satellite Network and UpSnap Mobile Entertainment. It is heard in over 240 countries worldwide with over 6,000 new subscribers downloading her show monthly. In addition, through Sallie's one-on-one and group coaching, she has helped thousands of single women, young professionals, new mothers, small business entrepreneurs, mid-life adults, empty-nesters, baby boomers, retirees and those wanting to conquer clutter.

For Felton, being a certified life coach and transitional specialist draws on more than personal knowledge. Her strong intuition brings together nearly 10 years of experience in deep imagery/visualization, hypnotherapy and the world-class coach-training institute from MentorCoachLLC in Bethesda, Maryland. In addition, she received her postgraduate certificate from the International Institute of Visualization Research, attended the Gibbs School, and studied at the L'Universite de Grenoble and L'universite De Clermont-Ferrand in France.

Sallie is co-author of the eBook *Clutter Free & Clear: Take Charge of Your Time and Space!! A How to Book to Simplify Your Life*, *The Small Business Organization Assessment Tool (SBOAT)*, bi-monthly contributor to *Boomer Coffee House*, and is a speaker and workshop facilitator. She is also an active member of The International Coaching Federation (ICF), The International Institute of Visualization Research, The International Positive Psychology Association and North Shore Women in Business.

She is an avid gardener and animal lover. Sallie and her husband, Conway, have been married for over 30 years, have three grown children and live in the Boston area.

For information, visit www.salliefeltonlifecoach.com



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Story Ideas

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- **Caution — Curves Ahead:**

Anything can happen to anyone on any given day. Sallie offers tips for dealing with the unexpected, whatever they may be.

- **Lose the Clutter & Gain Clarity:**

Disorganization is a problem that plagues millions as evidenced by a growing number of television shows, such as *CleanSweep* and *Mission Organization*. Learn how cutting the clutter can pave the way for a new beginning.

- **Baby Boomers
Experiencing Difficult Road:**

There are 78 million baby boomers in the U.S. today and they have much more than age in common. From caring for aging parents to cultivating new careers, boomers today have a rocky road. Help this demographic to deal with the unique challenges that are all their own.

- **Growing From Transition:**

Life changes can be challenging but how you deal with them can be a catalyst for growth. Sallie shares how to embrace the challenges of change to achieve that which you never thought possible.

- **Empty Nest Equals Clean Slate:**

For many parents, kids leaving home can throw a devastating curve ball. By embracing their newfound clean slate parents can not only give kids the space they need for a healthy relationship, but can start or develop the new hobby or business they always wanted.



Suggested Questions for Sallie Felton, CMC, ACC

1. Why are coaches needed?
2. What is the difference between a therapist and a coach?
3. Who can benefit from a life coach?
4. What makes you different from other life coaches?
5. What was the main reason you decided to become a coach?
6. What areas do you specialize in?
7. Is there an ideal time when individuals who are going through a major life transition should start working with you?
8. How do you work with clients to achieve the kind of result they desire?
9. Do you generally work with individuals in-person or can you work over the phone or virtually as well?
10. How long does the average problem or transition take to resolve?



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Testimonials

"I hear your voice every time a pile starts breeding. I'm now keeping an updated task list in Excel, with tabs (worksheets) for each class plus one for general. I keep it on my desktop and don't have to find room for my calendar on my desk, although the calendar is still a great backup."

L. Ferlaak, MBA, University Faculty

"Sallie Felton is a warm, intelligent, and spiritual woman who displays a natural sensitivity and intuitive connection with her clients. Her client approach is tender yet dynamic and enthusiastic. Sallie genuinely cares about helping to instill her clients with self-confidence, and the ability to understand and achieve their potential through their own growth and self awareness."

*J. Gerber, Internationally Recognized
Psychic Medium & Spiritual Teacher*

"Honesty, Compassion, and Listening skills are what's needed in a good Life Coach. Sallie Felton has all of those qualities and more, She's helped me to scratch the surface to get the gold."

George Terzis, Middletown, R.I.

"Just a quick note to say it is working so far...stopped myself twice yesterday from going on and on and on. Thanks again!"

Gayle, Argentina

"I realized I forgot to email you last night about my accountability, the coaching really helped. It helped me the most, I think, to be clear about my intentions...without that clarity, I may not have done any writing at all, what with all those excited feelings about the workshop."

Ruth, New York

"My life was so out of control, in every aspect, that I was getting critically ill from it. I was so overwhelmed that it affected my whole being...every single day. The minute I met Sallie, I knew that I would love her. What an absolute delight she is. She has a very forgiving nature and puts one at ease in a very wonderful way. Anybody else would have been shocked and baffled by what a mess they walked into but she just jumped right in, asked me the right questions and quickly rolled up her sleeves! She is an absolute saint. Sallie truly saved my life and thanks to her, I am starting to break through some new areas and know that there is hope. Thanks, many thanks, Sallie and with continued sessions and encouragement, I know that I will be able to breathe again (both literally and figuratively) speaking in 2006!"

Marsha Tarr, Massachusetts



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