

A note from Jeff...

I'm writing to let you know about an exciting arena that has been a developmental course for me in working with people toward the goal of achieving the kind of life they really want to be living!

Over the past twenty-five years, the relationship that people have with their work has gone through enormous change. Booming technological advances and a global economic market have provided opportunities that could not have been imagined only a generation ago. Entrepreneurial endeavors have sky rocketed and people are defining themselves less by their job titles and more by who they are; recognizing that transferability of skills, and resilience in how we look at our careers, is the recipe for success in the 21st Century! As the marketplace shifts and changes, more and more people are recognizing that they need to be self reliant and often self defining in creating their life's work.

There isn't a person I know, who is not effected by these changes. I can't tell you how many times a day I talk with people who are attempting to deal with the increased demands of their work. Coupled with the challenges of living some semblance of life that integrates work with families and overall personal values. I hear these issues from friends and colleagues just as frequently as I do from my clients!

Over many years, I've devoted my time to the discovery of different models that work for my clients (not to mention myself!). This shift in my own career enables me to leverage my best skills and talents, help others, and bring a heightened sense of fulfillment into my own life. For the last ten years, I've been involved in rapidly growing arena that fits the bill for me in all of these areas! It's called **Coaching**. Various types of coaching exist, sometimes categorized by industry or type of client and sometimes described by different terms, you may have read or heard about "Life Coaches", "Success Coaches", "Personal Coaches", "Executive Coaches" and "Corporate Coaches".

During this time period, I have accumulated more that two thousand hours of coaching experience working with all types of executives, professionals, entrepreneurs and people transitioning from one aspect of work or life to another. While I have maintained a small therapy practice and still enjoy that, I find that Coaching is the modality for transformation that is most effective for the vast majority of people who are motivated and already successful. If you'd like to consider hiring me as a coach, please review the website and contact me.

Jeffrey F. Spar, Ph.D.