

Marja Sas, CTPC, Certified Coach-Therapist

My real lifetime journey of discovery and inner growth started at the age of 40 when I had a huge wake-up call. I was diagnosed with cancer. A difficult and also rich year followed, and I survived. This all happened within 10 months. These months were so intense in everything that happened and now, 14 years later, I can truly say that this experience taught and brought me so much. It made me aware of me, and that I always have a choice in what to do with and how to live my life. Now I can say that I found my essence, live from there and that my journey just continues.

As a coach and therapist– with heart and soul – I work with individuals and organizations to support them in finding and living their essence as well.

One of the discoveries on my own journey is that I so much love to work with people in times of loss and change. And that is what I do now. I work with you as the whole human being you are. I trust in the inner wisdom we all have, and work with that. This inner wisdom leads the way and we only have to follow.

Change is part of our everyday life, whether we like it or not. Change can be experienced from exciting to scary, from good to bad, from feeling stuck to feeling free. What do you do with changes in your life? How do you show up and how do you want to show up? Maybe there is a gap between those two and what if you could close this gap.

What if change leads the way? *I'll be your guide in this process of exploration and discovery. You'll learn what change means for you and what can happen if you choose to start listening to the message of change.*

In times of loss, we need compassion towards ourselves. What if we embrace our feelings that belong to grief, just like we embrace the people we love. When we love, we bond and connect from the heart. And after a loss we grieve.

What is your way of grieving? *I hold space and walk along side of you on this journey. You'll discover the need of grieving as well as what your own special way of grieving is. You'll need time to explore and to discover, and you'll need time to grieve. This is your way of learning to live with a loss and from here you can move forward.*

What if grieving could be a natural part of your company's vision? Just imagine that and also what it could mean for your company in times of change. Change can be exciting and it can be felt like a loss. A change in your company only succeeds if all employees can move forward.

What if you hold space for those in grief? *Acknowledge the feelings of loss and give your employees time to grieve. I am your expert advisor in what your employees need and I'll guide them in their process and on their journey. Your employees will explore and discover their way of grieving, and they'll learn they have a choice in how to move forward.*

Loss and change and the feelings of grief need care, attention and compassion so people can heal. It can feel as if the world around you goes on and on and you are not part of it. Going through the process of grief brings you to the point where you can step into something new.

Integrate grief in your life or your company. *I also walk alongside of you in this part of your journey, so you can fully integrate grief in your life and in your work. From here you can move forward with whatever you want to do.*

For more information, visit Marja's website: www.marjasas.nl or email her at info@marjasas.nl