

NEIGHBORHOOD NEWS

Phoenix.

MOSAIC is offering a large selection of finishes, styles and colors from the wide variety of NYLOFT lines, in order to accommodate each future resident's own taste and vision.

NYLOFT operates flag-stores in New York, NY; Philadelphia, PA and Phoenix, AZ and Las Vegas, NV.

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COACHING CAN MAKE MOVING EASIER

A new business, **07** Forward Momentum Life Coaching is making its mark in Phoenix and across the country. Owner and founder, Stephanie Ross, is a life coach focusing on the challenges, stresses and adventures of moving.

"I've moved a lot," says Stephanie. "Some were relocations to advance career opportunities and some were personal choices to experience another city or part of the country. Whatever the reason, it was always a challenge."

Relocation under any circumstance can lead to stresses, challenges and emotional turmoil. There are the logistics of the moving process such as finding a new place to live, choosing a mover, and packing. There is the fear of the unknown and sorrow over leaving friends and family and your familiar surroundings. And what if you didn't want to move? How can you be supportive of your spouse and encourage and offer assurance to your children

when you are miserable? How can you say goodbye to your old life and embrace the new?

Forward Momentum Life Coaching is here to help with your moving issues. Client and coach work together on the issues most challenging and find the excitement and adventure that is often overlooked in a move. The relationship between coach and client is co-creative. Working together as equals in an active role helps to identify and achieve goals and dreams. Coaching is based on the principle that clients are healthy and well-balanced but they haven't achieved all they want from life. Coaching is about self-empowerment in identifying, strategizing and implementing changes and solutions to help create forward momentum towards goals. Forward Momentum also works with clients on a variety of other issues such as career, relationship, life transitions and sales coaching.

For more information or to schedule an introductory no-obligation session, please visit www.relocoach.com.

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Forward Momentum Life Coaching

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