



## Emotional Crisis Coaching

with *Elizabeth Zsoldos*

crisis transformation specialist

*O AM a Mediator of the Transformation, and a Proclaimer of the Paradigm-shift,  
the One, who Activates the Flow of the Lifeblood in this Transition,  
who will accompany and encourage you on your path  
to get you closer to your inner self,  
to ensure you can safely explore  
the marvels and wonders  
of your own realm.*

*Elizabeth Zsoldos*



I believe all of us get to certain stations or forks when we feel the inner urge to redefine ourselves. Now, while looking back to see the connections of the dots of events in my life I am also checking whether I am really heading towards my desired destiny – as pilots check out their navigation towards their destination – and where I find myself on this road.

For a long time I couldn't recall any happy childhood memories at all, unless the ones when I escaped to empty churches to immerse myself into some kind of tranquility. I was born in a family with lots of pain, and I grew up in an oppressive environment of an ex-communist country in Mid-Europe. I got married at 19, and by the age of 25 I had 4 children. During the years it turned out my husband suffered from a severe form of manic depression. All of it is not very promising, is it?

Perhaps for having had enough of the cries, perhaps for the longings for betterment at the age of 26 the truth dawned on me: no-one will save me, it is me who is responsible for the quality of her life. I started to learn English, which evoked my deep thirst of knowledge not just for the language but also for the world itself. Soon I got asked to work as an English teacher for adults, while I equally started to do my bit for humanitarian development at non-profit organizations as **a development educator**.

I have **traveled a lot in and outside Europe and Australia** – and have come across people from a wide variety of different background, beliefs, ideas, values, attitudes, abilities, pace, skills and intelligence, which had a huge impact on my way of thinking. **I became a dedicated learner and teacher** – and among other achievements, I earned a **diploma at Cambridge University** in teaching English (as ESL).

My husband's early death, the challenges of my four daughters' upbringing and my original curiosity drove me into more and more **passionate studies of various communicational and personal developmental methods**. On the most of the following fields **I got certified: Psychology, NLP (Neuro Linguistic Programming), BUSINESS, LIFE & RELATIONSHIP COACHING, Neuroscience**, Systems-thinking, Organizational Development, Moving- and Dancing Therapy, Conflict Resolution, Mediation, Sustainability, Development Education, etc. During the past few decades I gained **massive experience in adult education, training, and coaching**. **I wrote a book on personal transformation** in 2011, and then I **developed it into a card-game: "1000 questions"** to ask from yourself. (It can also be played with me.)

However, my greatest achievements in life are not the ones that come from prestige or social rank, but from the invisible power of my vulnerability. **I regard myself as a Crisis Coach**. **I do believe and value the transformational force in crises** that make us drop our armor. This time we are ready to step out of the comfort-zone to learn something new. Giving up the shield means that we don't insist on our anchored past thoughts, emotions and habits any longer, but take the inherent opportunities of the challenges, succumbing to evolutionary imperative forces.