



Emotional Crisis Coaching
with *Elizabeth Zsoldos*
crisis transformation specialist

Career Coaching & Graphic Recording

‘If you aren’t making a difference in other people’s lives, you shouldn’t be in business.’
- says Richard Branson... So, I keep asking:

*What is the **DIFFERENCE** you make?*

*Is your job **fulfilling**, or soul-draining?*

Or is it just about money-making, is it just about ensuring prestige,

is it just about spending the time at work in an autopilot mode through the whole life?

*In the age of the ‘overs’ (overproduction, overconsumption, etc.) **WHAT VALUES** guide your life?*

*What is that thing that **ONLY YOU** can do to make the world a better place?*

*How do you contribute, how do you bring out **YOUR GIFTS**?*

If you haven’t found the answers yet, or you don’t know how to live your life according to
YOUR INNER URGE, YOUR DISTINCTIVE CALLING
read on!

I strongly believe that the crises all over the world is mainly a sign, a signal that reflects that we have been on the wrong path, and life is not sustainable any longer in this way. The new question is that: instead of robbing and exploiting our mother Earth what is the way for business that is **ethical**, that is **healing**, that is really **contributing**, that is giving up forcing the false paradigms, and that is about creating true values. In practice it means to ask new questions, such as:

HOW CAN WE CREATE
a Justice system that favours the Truth
an Education system that really fosters Mental Growth
a Health-care system that is about Wholeness not sickness
a Business that aids a new form of money-making by True Contribution, not exploitation

While gradually giving up exploitation
WE ARE ENTERING THE ERA OF CARE AND RESTORATION.

We are less and less just throwing away what we have, we start to take care, to fix and to preserve. We recognise an elevated form of materialism: **the matter that is blessed by spirit.**
In my practice I often experience that more and more people wake up to find that they are uncomfortable with their life, as they often feel they are more than cage-birds living in small boxes entertaining others. They start to be looking for MEANING, and thus a **new culture is being born.**

In BUSINESS COACHING I feel urged to assist the process of your finding and following your calling, whatever humble or ambitious it is, and the cultivation of it at the highest level. Some of the main questions: *how could you best serve the world: through what environment, what behaviour, what abilities and skills, what believe and value system, what identity, and what spirituality?*

I am a Certified Master of Business and Enterprise Facilitation & I have more than plenty of experience in Organisational Development

which entitle me to offer my services, such as:

- **SHADOW COACHING:** I follow you, watch your interactions during your “work” and give you feedback based on your verbal and non-verbal cues.
- **SYSTEMS THINKING:** I put the main points you speak about in a holistic loop to find out what components reinforce or weaken the other variables so that the leverage points could be clear where the situation can be stopped/ reversed or maintained and enhanced.
- **SOFT SKILL / EQ (emotional intelligence) DEVELOPMENT:** I’ll help you to recognise how you could use much more than about 5 % of your brain while at work!!
- **GOAL SETTING:** I assist you to clarify what exactly you want, to identify what is blocking you in getting the desired outcome (e.g. fear of change), and to find out what is missing (e.g. expertise)
- AND PLENTY OTHER WAYS...

Please, find out what **COACHING TOOLS I apply** by clicking on it on the website!

Graphic Recording

Graphic Recording is a **highly impressive, cutting edge VISUAL service**, which promotes a **much better understanding of lectures, dialogues, workshops**, by drawing visual aids made on the spot. Thus, completing the auditive channels the participants can gain a much more complex VIEW of the topic.

This service is available only in Brisbane area and Gold Coast, Australia.

Please contact me for further information.

