



## Emotional Crisis Coaching

with *Elizabeth Zsoldos*

crisis transformation specialist

# Life Crisis Coaching

**WE NEED CRISES.** „Whaaat?!” Yes, **we definitely need crises.** I don't know any other more **transforming urge that is so imperative for action.** Even if I do believe in our innate life forces that make us step out of the comfort-zone into the “learning-zone”; even if I do acknowledge the force that lures the babies to start crawling and then walking; as well as I fully endorse the amazement or curiosity of a child that leads them to new discoveries, but - quoting Shafin deZane:

**Rarely do we run, when we can just walk.  
Rarely do we walk, when we can just stand.  
And if sitting will do, we don't like to stand either.**

We are biologically coded for survival and reproduction, not for making skyscrapers nor elaborated works of art. However, it is not enough: **living just by our biological codes leave us Empty and Painful.**

**The spirit wants More. The soul wants to Grow. They want to find the Meaning.**

Beyond fulfilling our physiological needs we are striving for becoming Transcendent. Our needs help us to focus on what we are really hungry for.

## **Pain is a signal of the need.**

But:

**What can you do with the pain?**

**Do you feel your soma in order to be able to heal it?**

**Do you understand its message that says you left your inner path?**

**Instead of cheap, addictive substitutes how can you really quench your thirst?**

**What lesson does pain of the unmet needs teach you?**

**Most of our suffers come from the failed attempts to get back to our balance and homeostasis.**

Failing to see our inner way, to hear our inner voice, to get in touch with our inner source cause us deep frustrations. And once it has caused crisis it could never get back to the state it was before the crisis. Therefore there are just two ways: either giving in and die, or understanding the underlying challenge and urge for change to get to a higher realm.

**Because it is always about Change... always about Transformation...  
always about Rebirth.**

**Healing never occurs without giving up the choreography,  
giving up the strategy, giving up the notion  
that I 'should' do this way, and others 'must' do that way.**

In the Coaching session with me, as **a Master Life Coach and an NLP Master** (certified by John Grinder), we commit ourselves to discover how you create your “crises”, how your choices and actions have led you to where you are now, and what steps are required for a true change. Deeply seeing and understanding that every single decision of yours has a ripple-effect will help you taking responsibility for your “Destiny”. Because **“Until you make the unconscious conscious, it will direct your life and you will call it fate.”** - says Carl Jung.

Exploring your **subconscious unsolicited installations, programmes, mechanisms** are essential to bring your conscious awareness to the points that empowers you to have the right steps.