



INTERNATIONAL COACH FEDERATION OF NEW ENGLAND

Coaching Services/Products/Programs

Coaches Name:	Karma Kitaj
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Email:	karma@lifespringcoaching.com
Business Name:	Life Spring Coaching
Coach Certification(s):	in process
Website:	www.lifespringcoaching.com
Advanced Degree(s):	Ph.D. MSW
Coach Training School(s):	Institute for Life Coach Training
Newsletter(s):	
Coaching Niche:	Transitions, Crossroads esp retirement, expat-repat, career change
Coaching Since (year):	2006



Types of Programs Offered:	Types of Services Offered:
Facilitator for Now What: 90 Days to a New Life Direction Run tele-groups	Individual, couple, and group In person or telephone
Products Available:	Additional Information:
Book published in 2002, “Women Who Could...and Did” An inspirational book based on interviews with 26 high-achieving women in the arts and sciences.	As a psychotherapist with a private practice for the last 30 years, I specialized in working with motivated, high-achieving people to move them to the next level of fulfillment. I bring decades of experience of working with people to my coaching practice. I also have an office in Quincy. You can find my blogs at: www.RetirementAsYouWantIt.com and www.MovingAwayOrComingHome.com