



INTERNATIONAL COACH FEDERATION OF NEW ENGLAND

Coaching Services/Products/Programs

Coaches Name:	Sharon Teitelbaum
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Business Name:	Sharon Teitelbaum Work-Life and Career Coach
Coach Certification(s):	Master Certified Coach (MCC)
Website:	http://www.stcoach.com
Advanced Degree(s):	MA
Coach Training School(s):	Coach U
Newsletter(s):	<i>Strategies for Change:</i> monthly newsletter targeted to individuals, on work-life balance, career, midlife issues <i>On Target: Training for Today's Professional</i> quarterly newsletter targeted to organizations that hire trainers and speakers
Coaching Niche:	Work-Life, Career, And Mid-Life
Coaching Since (year):	1995



Types of Programs Offered:	Types of Services Offered:
<ul style="list-style-type: none"> • Individual Coaching: in person and by phone • Keynotes on Work-Life Balance, Getting Unstuck • Lunch-&-Learns, Full- and Half-Day Training on <ul style="list-style-type: none"> ○ Work-Life Balance ○ Getting Unstuck ○ Stress Management ○ Time Management ○ Avoiding Burnout 	<ul style="list-style-type: none"> • Individual Coaching, in person and by phone <ul style="list-style-type: none"> • Corporate Coaching <ul style="list-style-type: none"> • Keynotes • Training • Workshops • Teleclasses
Products Available:	Additional Information:
<p><i>Getting Unstuck Without Coming Unglued: Restoring Work-Life Balance</i>, book, published 2005 Available at Amazon.com and http://www.stcoach.com/book/index.shtml</p>	<p>Would you like to be a <i>reseller</i> of my book, for half the selling price of the book, either at your website or at your in-person speaking events? Contact me at Sharon@stcoach.com</p>