



The Turmoil of Change

Mary Ann Augustin

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Vulnerability is not weakness. It takes courage to face our inner critics and it takes even more courage to acknowledge, work through them, reflect on them, and accept them and to release our attachment to them. Only a very few of us have even deeper courage to embrace the journey of transformation. Once embraced there is no going back from the hold of this new world of real authenticity and passion. To witness it is a privilege of very few. They are inspired and forever changed. The coach's guidance complete. Coaching for transformation like this is contagious. I have been infected, humbled and forever changed too! Thank you Mary Ann for allowing me to be part of this wonderful transformational journey of yours. I feel very blessed and privileged to have shared it with you. — Sharyn Morton, Senior Human Resources Advisor, CSIRO

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