



# Newsletter 8 • invent your life

CAREER & LIFE COACHING PROGRAMS FOR STUDENTS & YOUNG PROFESSIONALS

## A Major Turnaround

*Learn To Trust your gut!*



**I have changed majors five times since I've been in college.** My problem is not that I don't want to do anything but that I want to do it all. I had finally settled on Education and English Literature, thinking that a high school would be a good

outlet for my love of diverse people and desire to work in a social setting. I had visions of myself joking with the kids in the classrooms, going to basketball games, and doing fun, creative projects. Teaching, rather than just lecturing.

After taking four Education classes at the University of Miami, I realized that while teaching high school can be all of those things, there is a lot of paperwork, organization, and planning that goes on behind the scenes. My vision of the perfect job crumbled as I realized that my creative urges and rebellious nature were just too far outside the box to work in an environment where realistically, there is just no way to teach without lecturing. I would find myself dreading the trip to do field hours at the school rather than being excited about it.

So here I was, about to be a junior, with credits in International Studies, Chemistry, Geography, Literature, and Education supremely unhappy and completely stressed out. I knew that education was not the field for me but it seemed impossible to change majors AGAIN when I had so many credits in these other things that would be wasted.

Cindy completely changed my attitude. She helped me to see that those were not wasted credits, but credits spent very productively—learning about what I did and did not want for myself in the future. Her program includes assessments and through this process I found out A LOT about myself. Even though my social side did need to be nurtured, I have a creative side that I had been stifling in my Education classes.

Writing was something that I'd always loved. Fear of the future and the possibility of not being able to make it as a novelist had held me back all this time. Cindy helped me to understand that it was so much better for me to be happy and possibly not know where life was going to take me, than to stifle myself for the sake of a job that was a sure thing.

We talked about potential careers for someone with an English Writing degree and I was astounded at the options that were open to me. I decided to just do what made me happy and trust that I'd be able to take care of myself when the time came. As soon as I got back to Miami, I

switched my major to English Creative Writing.



I have been working with Cindy for a year now, and my mother says that she has never seen me happier. Whenever that fear of the unknown

future starts to creep up on me again, Cindy is there, ready to coach me through it. I'm currently almost done with the requirements for my major and can now "stretch myself" with some art classes that I've always wanted to take. I am so excited about the coming school year and actually now feel that I want to go to graduate school. With English, I would have to.

Cindy has worked a miracle in my life. I wake up every morning thinking, "Someone is giving me credits to write today." I feel like it's almost unfair that I am so enjoying the classes I now take to earn my degree. **This excitement that I feel when I pop out of my bed is the best proof I can think of that Cindy's program works!**

*Kelly*

*"The consent you have been waiting for is your own." —Alan Cohen*