

# **Smart Women Embrace Transitions**

Sheri Keys

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## **Smart Women Embrace Transitions** Sheri Keys

For over a decade, we've coached thousands of women through various transitions (business and personal) and discovered that many people struggle a great deal when it comes time to grow-to transition into the new person they are meant to become. For many, it is absolutely painful. They avoid various types of transitions no matter the cost to themselves and the ones they love. Our hope at the Smart Women's Institute is that by learning how to "lean" into transitions, you will no longer try to force yourself to just be happy but instead you will move forward and do the work to get to the magical life you can have on the other side of the transition.



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