



Cancer Journey Coaching



Email: coachamykerschbaum@gmail.com

- ✓ Coaching sessions are offered by secure video chat or by phone
- ✓ Schedule a free 20 minute session to learn more
- ✓ www.pendletoncancer.com/cancer-journey-coaching
- ✓ Patients. Survivors. Caregivers.

About Me

In January of 2019, my life changed dramatically. I was diagnosed with carcinosarcoma of the uterus, an extremely rare and aggressive cancer. My treatment started with a total hysterectomy directly followed by eight grueling months of inpatient chemo and six weeks of intense radiation. Prior to this unexpected shock I had a vibrant 35-year career in health care as an administrator and social worker/therapist.

I was fortunate during my treatment to be surrounded by family, friends, and excellent clinicians. What was missing was help putting my life back together after the abrupt transition cancer had forced upon me. After a long recovery, I became passionate about giving cancer patients, survivors, and caregivers the help I so desperately needed during and after my own cancer journey: emotional and spiritual support during treatment and finding a new sense of direction once it's finished. Through "The Cancer Journey Institute's" accredited coaching certification program, I now have the specialized training, tools and techniques needed to pursue my passion by becoming a skilled cancer support coach.

My Coaching Mission

Hearing the news that you have cancer is traumatic. Countless thoughts and fears immediately set in. One day life was "normal" and the next day it is filled with uncertainty of what lies ahead. Family, friends, and coworkers are shocked by this news and are fearful for you. As you become a "cancer patient" you meet with doctors, nurses, and cancer navigators who provide needed clinical information, however they do not often provide the tools and support needed to help you find your way through this difficult time and beyond as you embrace your survivorship. My mission is to partner with cancer patients while life feels out of control and consumed with this emotional situation. I provide my clients with the tools, compassion, and support needed to find your way through this frightening ordeal. Together we will discover a sense of purpose during and after treatment. As the clinical team focuses on medical care, you can depend on me as your cancer journey

coach to provide a safe- haven to express and explore your emotions, while beginning to grow and thrive through the cancer treatment process and beyond.

What you can expect from Cancer Coaching: "Panic to Powerful"

Feeling lost is a source of fear for many cancer patients. The "**Panic to Powerful**" cancer coaching techniques and tools provide a foundation to shift the troubling feelings of uncertainty to one of calm and balance. Learning how to become a patient, making career decisions, managing relationships during and after cancer treatment are some examples of life's ongoing challenges. The process starts with an assessment of your individual strengths. Building awareness and appreciation of your strengths will become your "power source" during our cancer coaching process. Through a series of sessions, you will be guided through the following process:

Stop	<ul style="list-style-type: none"> •Worrying about the future •Focus on today and the present moment
Locate	<ul style="list-style-type: none"> •Cancer Journey Roadmap •Gain insight and comfort •Set a course to move forward
Activate	<ul style="list-style-type: none"> •Vision for their life •Use your strengths as your "power source"
Make	<ul style="list-style-type: none"> •Developing goals and plans •Setting a clear direction for the future
Select	<ul style="list-style-type: none"> •Leads to powerful future choices

Schedule a free 20-min session to learn more. With the right support you can take charge of your life and make the most of your cancer survivorship.

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