



TRANSITIONS

Life Coaching for Life Changes

Kimberly Haynes Titlebaum is available to speak to civic and other interested groups. There are many topics for the presentations and seminars to choose from, and a partial list appears below. If there is a special topic that your group is interested in and it does not appear below, please contact Ms. Haynes Titlebaum to discuss the availability.

Family

Being a widow(er) in a divorcee world

Uprooting an Elderly Parent

Coping with ending Life Support and other end-of-life decisions.

Loves & Lines: Not too old to fall in love again

Dating Again

Putting wheels and travel stickers on your life's baggage

I had a lovely child, but now I have a teen!

How to ask for the gifts that you want

Constructive Confrontation

Loss of Independence for the Senior

Relocation with Children

Multi-Generational Living: How to set boundaries when aging parents or adult children are living with you.

Self-Affirmation

What I need counts too: Learning to voice your needs

Attaining your own security yourself

Fidelity and Distance: How to keep your marriage alive despite the miles that separate you.

Life Altering Surgeries:

Joint Replacement

Weight Loss Surgery

Breast Loss and/or Reconstruction

Hysterectomy

Career & College Preparation

How to negotiate the vocation that YOU want.

Non-Traditional College Student

How to avoid burnout: The Pro-active job search

Prepping your child for college

Conducting the Pro-Active Financial Aid Search

Prepping your parents for your college