

Orlando Life Coach Reveals Steps for A Stress-Free Life & More Rewarding Career in honor of Women's Month

Professional coach Michelle Kalkan shares secrets to finding balance in an unbalanced world at the Orange County Library System's North Orange Branch on March 26, 2020.



Orlando, Mar 5, 2020 ([IssueWire.com](https://www.issuewire.com)) - Overwhelming debt. Marriages on life support. Time bandits that leave no extra room for family time, friends, or fun. "This is what our do-more, buy-more and be-more culture has brought us to," says local life coach Michelle Kalkan. "It all adds up to over scheduled and overworked lives that are out of balance."

But there is an answer.

In fact, a 7-step formula Kalkan uses with clients is designed to bring balance, lower stress, and make space for a life of purpose, success and satisfaction:

Fitness: Eating whole foods and eliminating sugar, processed foods, and bad fats brings about the mental clarity, confidence and high energy needed to focus on goals in the other 6 areas of life.

Finance: Eliminating debt — and the accompanying stress it brings — returns personal finances to a more manageable routine where monthly budgeting, auto-saving for retirement, and planning major purchases are the norm.

Family: "If you're not working on your marriage, says Kalkan, you're working on your divorce."

Additionally, focusing on inner circle family (and protecting them from toxic family “outliers”) eliminates relationship drama and creates a safe environment for kids to grow.

Field: Studies show up to 70% of people hate their jobs. "If that describes you, Kalkan advises, creating a plan to safely transition into a new role (or new field entirely) is key."

Faith: While Kalkan doesn't tell clients what to believe, having an active faith walk — with prayerful meditation time, church affiliation, and regular study — keeps people balanced.

Friends: Friends influence life, career and relationship decisions, so “reverse-engineering” the friendships is crucial. And friends who create drama? Decide whether to have a critical conversation or simply unfriend, unfollow, delete.

Fun: Adding everyday fun and bigger “bucket list” trips and experiences not only adds to the joy of life, it delivers physiological benefits like lower stress and beneficial human connection. Yet too many adults plan to wait until retirement.

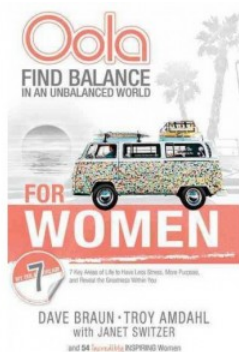
"Achieving a life of contentment, vibrant good health, ample finances, and supportive relationships is possible with good planning," says Kalkan. That's what the upcoming event is all about - working with the 7-step formula to provide the answer of balance in an unbalanced world.

This event titled “Ladies: Honor the Oola that is YOU” will take place on Thursday, March 26, 2020 from 2-3:30pm at the Orange County Library System's North Orange (Apopka) branch. Early registration is recommended because seating is limited. Register online by visiting <https://www.eventbrite.com/e/ladies-oola>

About Michelle Kalkan

[Michelle Kalkan](#) helps clients identify those goals and actions that create a balanced life, and is certified to coach the process by Drs. Dave Braun and Troy Amdahl, international bestselling authors of *Oola: Finding Balance in an Unbalanced World*. To learn more and receive helpful life tools, visit <https://www.oolalifecoach.com/?ref=ac015f>

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Media Contact

Soul-ga with Michelle

michelle@soulgalifecoach.com

4074044476

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