

Personal Development & Transition Coaching

For Women (Ages 40 and up)
Who Are Ready to Stop
Feeling Stuck and Step Boldly
Into Your Next Chapter



Beth Wonson

Coach & Executive Advisor
Speaker | Author | CEO

You've Spent
Decades
Building,
Leading, and
Serving.
Now, What
About You?

The Hardest Conversations We Have are With Ourselves

- From the outside, you've built a life and career defined by capability and accomplishment. You are the person people rely on when things get tough. But on the inside, something has shifted:
- You're at a crossroads: Navigating a career pivot, empty nest, retirement, divorce, health shift, the desire to fulfill a dream, or a deep realization that your current role no longer fits who you're becoming.
- You feel stuck between two chapters: You know you're capable of something more exciting and fulfilling, but the exact path forward feels obscured by obligation, self-doubt, or decision fatigue.
- The old strategies aren't working: The drive, hustle, or self-sacrifice that brought your younger self success now feels draining rather than fulfilling.
- You're tired of surface-level fluff: You don't need generic life advice or cheerleading. What you need is actionable clarity, proven tools, and grounded truth.

A Grounded Approach to Personal Transformation

Personal growth isn't about reinventing who you are—it's about stripping away what no longer serves you.

A Grounded Approach to Personal Transformation

As an executive advisor, experienced coach, author, and creator of the *Navigating Challenging Dialogue® (NCD)* framework, I've spent over two decades helping leaders navigate high-stakes transitions, complex decisions, and emotional regulation.

When we work together in personal development and life transition coaching, we apply these same battle-tested, research-backed tools inward:

1. Strip Away the Friction: Identify the hidden assumptions, internal narratives, and thinking errors that are keeping you stuck.
2. Master Emotional Self-Regulation: Learn to manage the fear, vulnerability, and uncertainty that naturally accompany major life pivots.
3. Establish Fact-Based Clarity: Get honest about what you truly want, what you're willing to release, and what your next chapter requires.
4. Take Courageous, Grounded Action: Build an actionable blueprint rooted in your values, strengths, and personal sovereignty.

How We Can Work Together

The Next Chapter Audit (1-on-1 Transition Quick Start)

A targeted, high-touch deep dive for women facing an immediate pivot or life decision.*

What's Included: An intensive 2.5-hour strategic deep dive session (via Zoom) followed by four- fifty minute sessions of advising, coaching, implementation support and accountability calls.

Best For: Gaining immediate clarity on a complex decision, establishing boundaries, or mapping out your action plan for personal transition.

Fee: \$1400

Personal Leadership & Life Alignment (5-Month Coaching)

A comprehensive 1-on-1 partnership designed for deep personal transformation and sustained momentum.*

What's Included: Eight 50-minute coaching sessions (to be used within a 5 month period) custom assessments, foundations of NCD methodology, and access between calls.

Best For: Unpacking mid-life transitions, stepping out of burnout, reconnecting with purpose, gathering courage and confidently executing your next chapter.

Fee: \$2,400

Ready to Stop Feeling Stuck and Start Leading Your Life?

You don't have to navigate this transition alone or figure out every step right now. The first step is simply a courageous, confidential conversation.

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Book Your Confidential Consultation Call

Explore whether transition coaching is the right fit for your next chapter. 100% confidential, zero pressure.

<https://BethWonson.com/beth>



About Beth Wonson

**Beth Wonson is a
trusted Coach,
Executive Advisor
and Leadership
Expert helping
leaders
successfully
navigate
unprecedented
uncertainty and
challenges.**

When Beth was starting her career in leadership, she experienced her fair share of stress, frustration, and drama. There were moments of feeling isolated, like she didn't know everything she needed to, and didn't have a expert to lean on.

In these moments her communication, ability to lead effectively, navigate conflict, and build trust suffered most.

Beth's proven techniques and earned wisdom come from her own journey transforming her leadership by improving her communication, self-awareness, and feedback skills.

Now Beth works alongside leaders and executives, helping them to develop their own strategies and tools that drive accountability, improve retention, and strengthen culture—especially when stakes are high and emotions run deep.

Her research-backed tools help leaders move themselves and their teams to the next level of success.

Her foundational frameworks are detailed in her two books: *Turn This Conversation Around* and *Mastering Feedback*.

Working with Beth is 100% confidential so you can freely discuss the weight you're carrying, and she can provide clear, candid, and kind feedback specific to your challenges.



Client Feedback

I am not sure where the firm acquired Beth, but I would rate her skills as A+. Her temperament was exactly what it should have been for me. She is totally knowledgeable in understanding corporate communication systems that work and/or fail.

She has a terrific ability to not only analyze what may be roadblocks, but also suggest changes that work for the future.

If [our firm] gets an opportunity to use Beth again for any other corporate training in the future, I recommend her use, without any qualifications at all.

She is bright, focused, and although not an attorney, understands the stresses in any organization that has high demands on its professionals, including attorneys.

Finally, thanks for letting me work with Beth. I gained insight, gained recommendations I had never considered before, and I accessed perspectives I would not have had without Beth. I would recommend the Firm consider using Beth for whatever future coaching matches her skills.

– Richard Schramm, Attorney

Client Feedback

For those interested in doubling-down on becoming the best leader they can, I highly recommend Beth.

– Jessica Roberts Pearson, Executive Officer, Delta Stewardship Council

When I asked around for recommendations for a coach, someone said to me, 'There are many good coaches out there. But if you really want to make solid progress, hire Beth.

– Becky Gray, CEO, must! Charities

I hired Beth as my coach not only because of her vast hands-on experience, but because her feedback is direct and she holds me accountable.

– Executive Director

I had some missteps following my promotion. I knew I could do the work, but leading the team was hard. My confidence was shaken. Beth helped me rebuild my confidence and regain the trust of my staff.

– School Administrator

My coaching relationship with Beth Wonson has had a positive impact on my leadership and on my team. Her insights, wisdom, and skillfulness as a coach have not only supported me situationally but helped prepare me for the next step in my career.

– Todd Simendinger

Beth is on a mission to empower leaders and teams.

Difficult conversations can be transformed into trust-building opportunities that strengthen collaboration, increase engagement, and retain top talent—enabling your organization to focus on what it does best.

Beth envisions a world where every workplace conversation becomes a catalyst for connection, innovation, and shared success.

“ Until we learn to listen with curiosity, build empathy, and focus on the good of the whole when having tough conversations, we will not be able to move the needle on our most complex challenges both at work and at home.

– Beth Wonson



Hire Beth Wonson

Benefits of Having Beth as a Coach, Executive Advisor

Working with Beth means having a professional who:

- walks with you through challenges, being a sounding board.
- reminds you of your strengths and helping you leverage them for the situation.
- coaching you to develop new skills and tools.
- providing you with clear, candid, and kind feedback.
- gives you access expertise and experience for actionable strategies that are right for you and your organization.

Program Samples

All programs are tailored to your needs and include inter-session support via email to resolve situational, time-critical issues.

Executive Consultation & Advising Program

Being good at “the work” does not guarantee leadership success.

My clients are talented and motivated, but also often exhausted by the unique challenges of managing humans. They have exceptional skills that got them promoted in the first place. And they recognize they need to expand their leadership toolkit to take their team and organization to the next level. I provide the guidance and feedback proven to help leaders achieve their goals.

Leadership Development Program

For clients who are ready to architect a new level of career success and level-up their leadership skills. Often incorporates a blend of skill-building components, leadership advising, and tactical coaching.

Communication Development Program

This program is for those who:

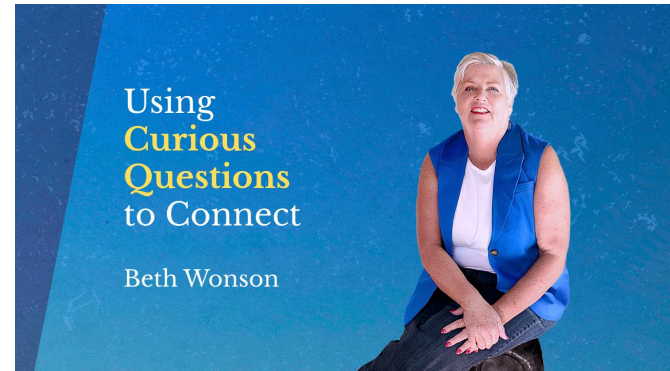
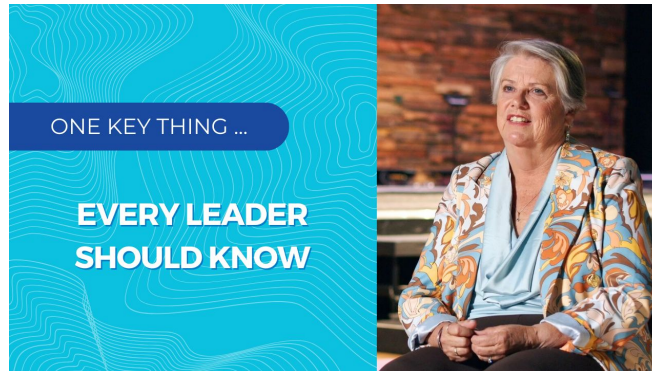
- struggle to be clear or for your message heard and acknowledged.
- have received feedback that your communication skills are negatively impacting those around you.
- are not successful getting buy-in or navigating high-stakes conversations.
- have recently been, or hope to be, promoted into management or leadership.

Just-In-Time Crisis Solution

A 90-minute session for the times when most everything is going well but one pesky challenge gets in the way of forward progress. I bring my years of experience and resources to the table as we work together through facilitated problem-solving and uncover the path forward.

See Beth in Action

Full Showcase: <http://vimeo.com/bethwonson>



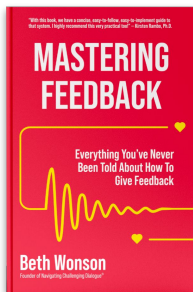
Career Highlights

Beth's Books



Turn This Conversation Around:

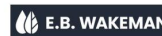
The 4-Stage Process for Communication with Connection



Mastering Feedback:

Everything You've Never Been Told About How to Give Feedback

Executive Advisor, Coach, Facilitator



Let's Talk!



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