

Business SPOTLIGHT

Carol Juergensen Sheets LCSW, PCC, CSAT is both a psychotherapist and a life coach in Indianapolis. She has worked in the field for over 33 years and made it her mission to educate and inspire people to create the life they deserve. After doing psychotherapy primarily with children, families, couples and individuals, she decided that she wanted to reach people on a larger level and find ways to connect to people that went beyond the therapy office. She secured a column with the Indianapolis Star and had over 800,000 readers who looked forward to her Carol the Coach column for over five years. Her column preceded her three radio call in shows on WXNT and WIBC for over 5 years. Her last show, Sex, Love and Relationships on Saturday night kept the Indianapolis community tuned in to how they could improve their relationships by tweaking their relationship behaviors. She jokingly says that she considers herself the "resident psychotherapist and life coach" for the Indianapolis community. "I love interacting with people who may not have the resources to seek out a therapist but can email or call me on the air and get advice that can change their life!"



Carol teaching women how to live their best lives

Soon everybody knew Carol as Carol the Coach. When asked about her profession she tells people "I have the best job in the world! I am a psychotherapist, speaker, radio talk show host, author, and personal life coach. Early on in my life I learned that my passion was to help people and educate them about their own potential and I have spent a lifetime getting to do that."

She owns a company called Strategic Therapies and Coaching. Providing both mental health and personal life coaching which assists clients in changing their lives from the inside out. She teaches a unique blend of skill sets that transforms people into who they want to be. Psychotherapy typically



focuses on what people need to heal most often from their childhood while life coaching teaches them how they can take their life to the next level. She explains that often times people need to process and work through their childhood wounds and release them so that they can transform their life. "After the wounds are healed, I can help them to actualize their potential! I get to be a part of the whole transformation which is so gratifying and rewarding."

Carol knows how important it is to have faith and trust in both the psychotherapy and life coaching process. She's worked with thousands of people and has run a variety of groups including women's empowerment groups, cognitive behavioral groups, self esteem groups, men's groups, and sexual addiction groups. Her specialty includes women's issues, anxiety management, depression, sexual abuse, marital therapy, and now she

Carol doing what she loves best...talking to listeners On WIBC



is the only certified sexual addictions therapist in the Indianapolis area. Carol is always looking for a way to reinvent herself. She assesses what the community needs and goes after the certifications and training to become a specialist.

Carol is available for consultation at her office located at 3815 River Crossing Pkwy., Suite 100, Indianapolis, IN 46240. You can reach her at 317-847-2244 or you can email her at carolthecoach@aol.com. Go to her website at Carolthecoach.com and read the library of articles she has written on self-improvement and mental health. You can also watch her monthly on WTHR's Community Focus at noon.

Carol wants you to know that you always "have a resident psychotherapist and life coach" right at your fingertips. She welcomes your emails and your questions. **She considers it a privilege to serve you!**