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**December 18th 2015: Getting Unstuck: Finding the Freedom to Explore Your Potential**

You've heard yourself and others say, "I wish I won the lottery so that I can do what I want." At different times of your life, you might feel stuck in roles at home or work and don't know how to change the situation. How you conduct yourself at home correlates with your behaviors at work. Often the roles you take on are based on your strengths, needs, and family upbringing. Family values and messages handed down to you critically influence your choices, and interplay with your strengths to keep you in familiar roles. While your success in these roles can be rewarding, overreliance on the f

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### Featured Guest



#### Ayda Akbelen

Ayda Akbelen, LMHC, is the founder of Life Work Solutions. Ayda integrates lessons from both life and work to help entrepreneurs and corporate executives to design and implement solutions for personal growth, and for the development of their careers and businesses. Formerly the Vice President of Career Services at Citibank, Ayda's expertise as a corporate executive is complemented by her experience as an entrepreneur consulting to small and large businesses. She is licensed as a mental health professional in the State of New York.

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