

# DR. REBECCA SUTHERNS

## Midlife Transition Coach

Dr. Rebecca Sutherns is an author and Midlife Transition Coach, helping high-achieving women navigate life's toughest transitions—whether due to career shifts, empty nests, or other personal challenges. She gives her clients clarity, energy, and confidence by aligning their values with their actions. Using her ELASTIC method, she helps women stretch into the next phase of life without snapping (or snapping back).



Rebecca's journey began when she took an unconventional sabbatical with her family, sparking a deeper personal transformation. The turning point came when she was challenged to rethink her work-life balance and take bold risks, ultimately transforming her own life and career.

Through this journey, Rebecca developed the ELASTIC method, a structured yet flexible framework that helps women navigate the "messy middle" of transition with grace, purpose, and reimagine their next chapter.


## Suggested Topics

- From Stuck to Soaring: Turn 'In-Between' into Breakthrough
- How To Reinvent Yourself: Mastering Flexibility and Structure in Midlife
- Empty Nest, Full Life: Most Exciting Chapter Yet After the Kids Leave Home
- How To Learn to Love the Future You're Dreading


## Suggested Questions

- How did you go from a predictable life to one full of unexpected adventures?
- Why do high-achieving women struggle to reinvent themselves in midlife?
- What turning point made adventure and connection key to your transition?
- What is the ELASTIC method, and how can it help with life transitions?
- Why do adults need to embrace imagination for personal growth?
- What are people most often craving during major life transitions?
- Can we look forward to a future we dread, and how do we do it?

## Connect with Rebecca

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