



## PRESS RELEASE

### ***Historic Women Didn't Struggle To Make Their Way; You Shouldn't Either*** **Coaching expert Jennifer Eichenberg offers suggestions**

What do Susan B. Anthony, Amelia Earhart and Lucille Ball have in common? It may surprise you that all these women, and many others being celebrated during National Women's History Month in March, led passionate lives without feeling that life was a struggle, according to Jennifer Eichenberg, a facilitator/coach who specializes in helping people resolve communication issues.

"This is not to say that such women had it easy. To the contrary, living a life that is not a struggle means one is living with the conviction of knowing who she is and what she can do, instead of pretending to be someone she is not," said Eichenberg.

"Our society often views struggle as a virtue. We believe that people do not deserve success unless they struggle," said Eichenberg. "To overcome means that you have really accomplished something. But if you buy into these ideas, you are likely living a life that feels like a struggle," she continued.

Eichenberg states that the most common struggle she hears from women is the struggle to do it all—to be the best hostess, to have a clean house, to have home-cooked meals, to raise perfectly mannered children and to have a successful career. "For some women, pretending to be a good when we don't enjoy cooking is an unnecessary struggle in life," says Eichenberg. How do you know you are struggling in life? Here's Eichenberg's quick 10 question quiz for you to determine if you are unnecessarily struggling:

1. At the end of the day, do you feel like you did not get anything, or very little, accomplished?
2. Do you have a heavy emotional load associated with what you are trying to accomplish?
3. Do you feel like a rope in a tug-of-war contest?
4. Do you stare at the clock wondering when the day will end?

5. Do you feel you are not enjoying your work?
6. Do you feel you are pretending to be someone else?
7. Do you seldom experience joy in your life?
8. Do you feel you have to fight for yourself or for what is right?
9. Do you feel good things come at a price?
10. Does your work or life feel complex?

“If you answered yes to four or more of these questions, chances are high that you are living a life trapped in the pattern of struggle,” says Eichenberg. She continues:

“The good news is that struggle is a choice and we can always choose another way. The next time you feel like a square peg being crammed into a round hole, take notice. Stop to evaluate what is going on and how it is happening. Are you doing this task for yourself or did someone ask you to do it? Are you pretending to be someone or are you authentically being yourself? This first step of awareness will help you to discover your patterns and to, ultimately, make different choices.”

For more information about life coaching, contact Jennifer Eichenberg at (734) 620-4162.

#### About Eichenberg & Associates

A lifelong learner, Jennifer Eichenberg has taken her passion for enhancing everyday communication and created a business dedicated to improving performance and building stronger relationships. Eichenberg & Associates is the synergistic result of her experience in coaching, education and training, complemented by two master degrees. Clients and groups who have worked with Jennifer Eichenberg find her collaborative style to be effective and straightforward.