

Teachers, Lecturers, Workshop Leaders and the Centers

Questions for Melanie Fuscaldo, Career and Transitions Counselor

Bill Zirinsky: *Melanie, you've been doing interesting work with transitions and career changes for a long time now. What's most interesting to you about this work? And what do you most love about this work?*

Melanie Fuscaldo: I deeply enjoy getting to know the people who come to me and being a part of their life transitions. By life transitions, I refer to changing careers, health issues, death, traumatic situations, and changing relationships. My work is so fulfilling that I would keep doing it, even if I won the lottery. Clients want to change or to cope with the changes around them, and I get to observe amazing transformations take place. Sometimes, it seems like what is taking place is not just life transitions, but life transformations. I see clients beginning to live the life of their dreams.

I have a gift of being able to move into a state of flow and deep intuition, beyond ordinary perception, and connecting at a very deep level. I am aware of patterns shifting, of energy flowing. I experience their joy when they release what holds them back and open to new opportunities. It is so amazing to see how rapidly things change on the outside after they change on the inside.

I still do the practical work of helping clients plan career transitions, enhance resumes, and set and attain goals, but the greatest joy comes from the deep connection, flow and oneness.

BZ: *What's most frustrating or challenging about working with people on life transitions and career changes?*

Melanie Fuscaldo: It's difficult when someone making great breakthroughs has to discontinue due to finances. On the positive side, some people have sponsored life coaching for others.

BZ: *It's all well and good to help people transition to more satisfying work lives when the times are good, but what's it like now? In a difficult economy such as the one we're facing in Michigan right now, are you seeing a greater sense of desperation on the part of some of your clients?*

Fuscaldo: Some people are more anxious now. However, many make it an opportunity to move in positive new directions.

BZ: *You also are leading workshops related to Eckhart Tolle's work. Tell us briefly about that, please.*

Fuscaldo: We practice releasing the ego and moving into a peaceful equanimity, from which one may intuit one's inner purpose and how to move ahead. The results are remarkable. One client said, "I've been through therapy for years with a number of therapists and nothing seemed to work. This has changed me."

BZ: *I also know you are incorporating the Emotional Freedom Technique into your repertoire. What is it? What is its power, and why are so many practitioners drawn to it?*

Fuscaldo: EFT is an extremely effective method for eliminating negative emotions, thoughts and physical symptoms. It uses simple acupressure tapping techniques, which can take as little as 60 seconds to apply. One can also use EFT to instill positive joyous states. I use EFT and other cutting-edge energy medicine and energy psychology methods, such as PsychK, a method for achieving accelerated learning and peak performance. Improvements that used to take months now often take place in a fraction of the time. One client with depression and suicidal thoughts from being assaulted released these completely within a session.

These techniques provide great potential for decreasing work-related stress and increasing individual and workplace productivity. Information on free introductory sessions and special workshops is at melaniefuscaldo.com.

BZ: *And you are involved with music, in various ways, yes?*

Fuscaldo: I love music. I am working on *JOY SONG*, an organization for children and adults to join in joyful and uplifting song, serve others, and use techniques like EFT, to release negativity and have a free and joyful life.



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BZ: *Being involved with transitions, are you good at transitions, yourself?*

Fuscaldo: I successfully transitioned in 1992 from career counseling at UM, into private practice. I've used humor, meditation, and energy psychology methods to achieve major breakthroughs in my life. My participation in Dave Winfree's Higher Consciousness Group, at the Interfaith Center, has been tremendously helpful to me and others, enabling the experience of higher states, which lead to major transformations.

BZ: *If you were to transition into a whole new career, what would that career be? And if you were to transition into a whole new adult life, what might that look like?*

Fuscaldo: I am doing much transitioning *right now*. I am working on *JOY SONG*. My life coaching has changed from transitioning to transformations. Dave Winfree and I are planning sessions and retreats, and collaborating on publications and a website to teach Higher Consciousness methods to a wider audience.

BZ: *Where haven't you been in the world that you would most love to travel to?*

Fuscaldo: I would love to do a retreat in Bali.

BZ: *Thanks, Melanie.*

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