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VoyagePhoenix

Meet Paddy Rasmussen of New Beginnings, “Helping People Move Forward”

Today we’d like to introduce you to Paddy Rasmussen.

Thanks for sharing your story with us Paddy. So, let’s start at the beginning and we can move on from there.

I had just graduated from college with my BA Interior Design, I was sitting outside, taking some quiet time for myself to reflect on the last five years. A sign came to me that I should help people through grief and transition. I evaluated that and my skill set in being an excellent problem solver. I thought how was I going to do that. I just graduated after five years and the idea of going back to school to become a grief counselor or anything else didn’t appeal to me. How was I going to use my best skill sets of personal experience and problem solving to help people move forward?

Personal experience meaning that I had lost my husband to cancer, became a single parent of a fourteen-year-old son and a twelve-year-old daughter. Then after the three-month mark, I found out my dad was going to die and he passed two months later. I lost the two most important men in my life in the matter of five months of each other. I returned to school, two weeks after my husband passed to finish my degree. After I graduated, I spend time catching up with my kids. Then I started my career working for Ethan Allen. After that, I worked for other Senior designers doing interior design. In July 2016, I decided to follow my passion and start my own business.

Overall, has it been relatively smooth? If not, what were some of the struggles along the way?

Life is never smooth. Life is always changing and evolving. As a business owner, you try to keep an open perspective and evaluate your strategies. The biggest struggle is exposure of my business, that the service exists and is here to help people transition.

New Beginnings, “Helping People Move Forward” – what should we know? What do you guys do best? What sets you apart from the competition?

New Beginnings, “Helping People Move Forward” is an all-encompassing service, assisting individuals in moving beyond loss and change by providing tools to build a new foundation. Our vision is to assist those experiencing life-changing events of personal loss and/or transition by providing essential and supportive services. . I started my company because I didn’t want people to think that they had to do it alone. I have walked the journey of grief and have been through all three of my avatars.

Our core philosophy is to be compassionate and empathetic while providing much needed strength and guidance. We provide a wide range of essential services from grief counseling to full interior design and transition consulting. These services are especially important to seniors transitioning from independent living into assisted living. I am an Advocate for Loss and Transition. I take the burden off of them by figuring out all the logistics. I come from the heart, I am real and genuine. My why is that I want to help people move forward so they can fully engage in life again.

What is “success” or “successful” for you?

We all have a purpose in this world. If I can follow my passion and make a living then that is success to me. I am fulfilled by helping others move forward so they can fully engage in life again.