

Life Coaching

What is Life Coaching?

Life Coaching is a professional relationship designed to facilitate impactful change and desired outcomes in one's life. Life Coaches are trained to provide you with support and guidance to holistically design the life you truly want for yourself and maximize your potential. For many, this is a transformational experience. Coaches do not view themselves as "Gurus" and instead view the client as the expert on their own life. Instead of providing cookie-cutter answers and rigidly commanding action (a common misconception), Coaches tend to ask the right questions and pull from the rich well of resources and strengths discovered within our clients. Coaching conversations tend to focus on the present and the future, without dwelling in the past. The Coaching relationship is a meaningful partnership designed to facilitate lasting and valuable results.

What can I expect from my coaching sessions?

You can expect to feel heard, motivated, encouraged, and inspired from your coaching conversations. You can expect to clearly envision your goals and receive solid support in reaching them. As a Life Coach, I specialize in mind-body work, so you can expect to take a holistic view of your life now and what you want your life to be. You'll receive tools and guidance to help you reach your goals and move forward along your path to fulfillment. Some of these tools we'll test drive together in session to ensure they're a good fit. My clients have shared they benefit immensely from the relaxation practices, mindfulness exercises, and motivational strategies learned in sessions. To top everything off, we'll celebrate your wins together as you make progress in moving closer to the life of your design.

What about privacy?

Privacy and confidentiality are of primary importance. Your information and what is discussed in sessions will remain confidential. As a Board Certified Coach, I am ethically obligated to protect your privacy and confidentiality.

Rates & Packages

Life Coaching Session \$125, includes:

1 45-50 minute session.

1 scheduled 5-10 minute phone check-in following our session

Discovery Package \$400/4 Sessions:

4 45-50 minute life coaching sessions

Access to private coaching app for ongoing personalized coaching support between sessions

Growth Package \$600/6 Sessions:

6 45-50 minute life coaching sessions

Access to private coaching app for ongoing personalized coaching support between sessions

Thrive Package \$1500/12 Sessions:

12 45-50 minute life coaching sessions (Sessions valid for 6 months from date of booking)

Access to private coaching app for ongoing personalized coaching support between sessions

6 5-10 minute phone check-ins to occur between sessions