Logo

Description automatically generated

* **Website Pages:** Home, Coaching Services, FAQ, About Us, Contact Us
* **Header Text:** Do you feel stuck or stagnant in reaching your goals?   
  Gain clarity, confidence, accountability, and support to   
  KEEP GOING and ACHIEVE SUCCESS!
* **Coaching Services to Help You Pivot and Prosper**
  + Career Coaching
  + Relationship Coaching
  + Mindset Coaching
  + Resilience Coaching
  + Stress Coaching
  + Confidence Coaching
  + Relocation Coaching
  + Grief Coaching

**About Us**

Keep Going Coaching offers coaching services for adult women and men willing and ready to work hard to create the life they crave. Whether you want to increase your confidence, discover your life’s purpose, land your dream job, or improve your relationships, we would be happy to help you reach your goals.  
 **How Coaching Works**

* *Designer, put in icon symbol boxes with dummy text for each of these 4 areas for now.*- Discovery Call - Sign Up -Pre-Coaching Questionnaire - 1:1 Coaching Session

You can choose a 30 or 60-minute phone or video session. Keep Going Coaching offers a 90-Day Jump Start Coaching Program to help you set goals and take action. Individual coaching sessions range in price from $50.00 to $75.00. Deep down, you know you desire success. So, get started today! Get the life you crave!

Like an athletic coach, a life coach comes alongside you to encourage, equip, and empower you to succeed. Your life coach will work with you to discover your passion, set realistic goals, create plans, and take action. Through goal-setting strategies, transformational coaching, and accountability, you will have a firm foundation to help you live a purposeful, abundant life.  
Life coaching is not a form of counseling. Counseling delves into your past behaviors and patterns. But life coaching is a future-oriented process – helping you close the gap between where you are now and where you desire to be. Life coaching focuses on your strengths and positive outlook. Life coaching is about goal setting for an already emotionally and mentally healthy person. Life coaching is not consulting; you do the self-development work for yourself.

**Benefits of Life Coaching Include**

|  |  |
| --- | --- |
| Accountability and support to help you succeed | Encouragement and guidance to help you stay on track |
| Overcome obstacles | Strategies to help you reach goals faster |
| Gain clarity about what you want | Energy from doing what excites |
| Thrive from your God-given purpose | Joy from doing what you love |
| Happiness from pursuing and reaching goals | Increase productivity |

**Welcome Message**

*Hi. I am Tamara Judge. I’m a life and career coach. I’m so excited that you are here, ready to take control of your destiny. Like you, I've experienced my share of life's ups, downs, twists, and turns. To overcome those challenges, I remained committed, resilient, and optimistic about my goals and lifelong learning. Most importantly, I couldn't give up because too much was at stake. I had to Keep Going. So, I am asking you, are you ready to Keep Going to live beyond your wildest dreams? If so, I invite you to contact me today to learn more.*

*Let’s partner together and co-create your desired future.*

*Cheers!   
Tamara*

**Inspirational Quote**

When you are going through hell, *keep going! ~ Winston Churchill*

* **Get Started Today**  
  Request a free 15-minute phone consultation to see how we can help you achieve your goals. Step boldly into your greatness. Contact us today to start living a happier, more fulfilled, meaningful life.   
  Name Email Address Comments
* **Footer Area Info:** Logo,phone 336-755-0021, Located in Morrisville, NC.