



What is coaching?

Coaching is about establishing a partnership with you to create positive change. Through a process of self-awareness, strategic action and structured accountability, coaching leads you to reach your ultimate personal and/or professional potential. Unlike counseling, which often focuses on the past to identify current struggles and obstacles, coaching starts with where you are now and focuses on where you want to go next in your life.

Coaching empowers individuals, couples, families, organizations and businesses to live fulfilling and purposeful lives. We use proven processes that help you overcome barriers and limiting beliefs. Coaching helps you regain clarity and creates a life changing course for your future.

Who is it for?

At some point in your career, relationships or life you may find yourself hitting a roadblock, feeling stuck, becoming confused and losing your sense of direction. You may find yourself struggling with self-esteem, self-identity or self-confidence issues. Perhaps you battle with depression, a disorder, domestic issues or just feel defeated by not developing personally or professionally the way you want. Coaching is for anyone who wants to make changes. All it takes is a willingness to face your challenges, focus on the right choices and figure out the necessary changes that are needed to take your life or leadership to the next level.



Personal Life Coaching

- Relationships
- Married Couples
- Family Life
- Blended Families
- Divorce Recovery
- Personal Development
- Spiritual/Christian
- Depression/Anxiety
- Health/Wellness
- Parenting
- Co-parenting
- Crisis and Trauma
- Teenagers
- Balance/Boundaries
- Life Transition
- Life Transformation
- Stress Management
- Men and Women

Professional Life Coaching

- Career Change
- Career Challenges
- Leadership Development
- Executive
- Management
- Business
- Non-Profit
- Church Leadership
- Strategy Development
- Team Building
- Public Speaking
- Conflict Management
- Communication Skills
- Vision Development
- Strategic Change
- Creativity Skills

Life Services

- Life Assessment
- Bereavement/Loss
- Leader Restoration
- Reconciliation Mediation
- Addiction/Recovery
- Children of Divorce
- Decisions with Divorce
- Communication Skills
- Career Choice
- Pre-Marriage Sessions
- Ceremony Planning
- Anger Management
- Facing Your Fears
- Passion Assessment
- ADD Coping Skills
- Domestic Abuse
- Conflict Resolution
- Mentoring



What will you get out of it?

Our individual or group coaching programs are designed to help you discover solutions that bring change. We have experienced certified coaches who engage our clients in high-energy sessions used to bring results. You will develop a new level of confidence and clarity that will assist you in making decisions now and in the future. The valuable strategies and tools you will learn will help your career, relationships and life, no matter the challenge.

During our coaching sessions you will learn how to face your fears, overcome your failures and deal with your emotions and thoughts. You will define a vision, develop life-changing goals, discern action steps and discover success.

How does it work?

Coaching is usually conducted over a series of sessions lasting from 50 minutes to one hour. Sessions can be conducted face to face, over the phone or virtually. How many sessions you need depends on the type of coaching performed and what you desire to achieve.

We offer you a free introductory session called a coach's consult. During this session we discover with you how coaching can be beneficial for you and how we can help you make changes in your life.