

# Life Coaching

with

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# Thank you!

for your interest in beginning life coaching with me. I want to introduce myself and give you some information about the process. As a life coach, I work with clients using a strength-based, holistic model to bring awareness to the physical, emotional, cognitive and spiritual aspects of change and growth processes. I support clients who are facing significant life transitions, losses, or change points to assist them in raising their capacity for self-awareness, life balance and happiness.

We will work together on the following:

- to identify the issues and obstacles that are creating discomfort or distress for you;
- to identify your personality type and the strengths and challenges associated with your neurology;
- to identify the roots of the current challenges in your life history;
- to identify and release emotional, mental and relational patterns that no longer serve you;
- to increase your capacity for self-love and self-compassion as we hold the intention for healing and growth;
- to develop and cultivate the ability to harness the power of the mind through reflection, self-awareness and meditation practices; and
- to develop strategies to help you move forward with clarity, compassion, consciousness and empowerment.

*I believe that each of us bring unique gifts, talents and perspectives to life and it is my hope to help clients activate and express those unique potentials to create an integrated life of meaning and purpose.*

I am a **Yellow** Personality with a Law Degree from the University of Minnesota, a Masters Degree in Counseling Psychology from the University of St. Thomas, and a Bachelors Degree in Psychology and Theology from the College of St. Benedict in Minnesota. I am the author of ***From Oz to Om, The Spiritual Journey Home, Create the Life You Imagine, What Are You Waiting For,*** and ***The Land Beyond Forever***

Life Coaching is not a therapy process and is not covered by medical insurance. Payment is accepted at the time of each session using cash, check or credit card.

