



EMPOWERED LIVING



# TRANSFORMATIONAL LIFE COACHING



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# HELPING YOU FIND YOUR FORTITUDE

Transforming limiting beliefs into empowering ones through **Transformational Life Coaching**.

Core beliefs develop from impactful life experiences. They take hold and keep us stuck in patterns that are discouraging, frustrating, and disheartening. These patterns manifest in our relationships, work, self-esteem, money, and health. But core beliefs are just beliefs—not facts. It takes courage to break through these beliefs, but it is entirely possible to shift your mindset, create new pathways, and create the life you were meant to live.



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# WHAT IS TRANSFORMATIONAL LIFE COACHING AND HOW CAN IT HELP ME?



**Transformational Life Coaching** is the process of partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. In this form of coaching, we move beyond addressing specific problems towards creating enriched life experiences. By moving out of trauma loops and negative patterns, you are free to reconnect with your inner power and live the most gratifying life possible.



## MY APPROACH

As a Clinical Psychologist and a **Board Certified Life Coach**, I offer a unique and dynamic approach to helping my clients. My action-oriented approach focuses on forward motion rather than staying stuck in the past. I believe in gathering valuable insight from the past to inform decisions and propel you toward success. I work with individuals and couples in a co-creative partnership to identify challenges and turn these challenges into WINS while holding you accountable to reach your desired goals.

Whether I'm working with you individually or with you and your partner, we'll explore the relationships in your life in all their many forms. We'll look at your relationships with money, time, food, your career, your body, your Self and with the important people in your life to find clarity around what is holding you back. Together, we'll dig into how past traumas, conditioning, beliefs, thoughts, and behaviors impact these relationships. Through **Transformational Life Coaching**, we can shift these relationships so they evolve into the powerfully loving instrument of healing and self-growth for which they are intended.





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## GET IN TOUCH

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