

# Life Coaching



**Life Coaching can help you make those difficult decisions of which way to turn**

<input checked="" type="checkbox"/>	Personal Growth
<input checked="" type="checkbox"/>	Divorce Adjustment
<input checked="" type="checkbox"/>	Life transitions
<input checked="" type="checkbox"/>	Parenting
<input checked="" type="checkbox"/>	Making better choices in relationships
<input checked="" type="checkbox"/>	How to find a perfect match
<input checked="" type="checkbox"/>	Time utilization
<input checked="" type="checkbox"/>	Career issues

Life Coaching recognizes not everyone has the need for psychotherapy. Sometimes we need someone who can guide us with issues such as those listed above. A mentor with expertise and life experience in areas where we are facing change. In the role of Life Coach I will challenge you to move forward in your life. Life coaching can be done from the privacy of your home or office. Please contact me for more information.