

Inspire Your Best Self

Life Coaching for Teens and Adults

Dear Parent,

Life is even more challenging for our children today. They will need extra emotional support to navigate through their school year.

Are you worried about your teen? Do they seem to be depressed or anxious? Are they staying in their room a lot? Is it a constant struggle to get them to do anything? Or do you just wish for them to have more confidence in themselves?

All kids have struggles. You can be the best parent and still your child struggles. Adults have struggles. It is how we get through those struggles that makes a difference in our future and the quality of our lives.

Why hire me?

I was one of those kids, one of those adults for that matter. I had a lot of mentors and coaches along the way. I provide my experience and time as a way of giving back the value that I've gained along the way.

Sometimes your child just needs to have someone to talk to, to get things off their chest. That is part of what we do. But one of my goals is to teach strategies and provide tools; tools that they can draw on when life is throwing challenges their way.

I am offering 4 sessions once a week for an hour. That would include a free consultation to make sure we're a good fit. Then we can move forward with a once-a-week sessions and then do a monthly follow up. The monthly follow up would help your child integrate the new tools and help them discover their ability to keep on track and keep their anxiety and depression under control.

Outcome Goals:

- More confidence
- Better relationships with the people around them
- Hope for their future
- New strategies and tools to help them throughout their lives navigate challenges
- A newfound sense they can achieve their dreams and become happy

That is what I aspire to do.

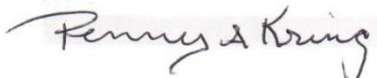
This is one offering. But I am willing to do anything custom, depending on your needs and goals.
Give me a call. I also have references and certification.

12 sessions total: \$850

(4) 1 hour sessions, weekly
1 session a month for 8 months after that
Plus weekly text message or phone follow up
I can be reached any time if needed

Or \$60. Per 1 hour session

Much Love,

A handwritten signature in black ink that reads "Penny Kring". The signature is written in a cursive, flowing style.

Penny Kring

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inspireyourbestself.net