

INCLUDED SESSION

MEETINGS

Weekly private and confidential 60 minute coaching sessions with unlimited email correspondence.

STRATEGIES

Focus on discovering your strengths and challenges, gifts and talents. Setting long, short-term goals and setting forth vision.

IDENTIFY

Core values for yourself and you family. Identifying issues like priorities and time management involving evaluations and assessments.

ACCOUNTIABILITY

To Help discern through to clutter and move forward faster. Become more centered, calm creating your very best, balanced life.

DEVELOPE

Stronger connection, Discovering your passions and how those play out in your life purposes.