

Single Life Coaching Session

A single life coaching session is about 45 minutes long. Life coaching is a powerful and transformative process that brings out the absolute best in a client by emotionally connecting their inner purpose and passion to their outer goals and actions. **We challenge and support women to achieve higher levels of performance while allowing them to bring out the best in themselves, their children, and those around them. We (coach and client) work together as a team.** The coach is a motivator and sounding board, helping the client to determine and achieve personal goals. The coach assists the client to understand and act from their visions and values. Coaching helps each person to reshape their ways of thinking, feeling, and acting in order to become who they really want to be and live the life that they desire.