

CONNECTING who you are with who you want to be!

Our Services:

- Wellness Coaching & Training
- Temperament Counseling
- Temperament Training
- Pre-Marital & Couple Assessments
- Group Coaching
- Workshops

Bridges 2 Life, LLC is a faith-based coaching organization created to offer support to individuals, families and communities. We work diligently to build bridges to a better life through Christian/spiritual coaching, temperament counseling and training, group coaching sessions, self esteem workshops and much more.

Our primary goal is to help you experience growth in your spiritual walk while embracing God's love for you. Bridges 2 Life will assist you in connecting who you are to who you want to be through identifying your God-given inborn temperament, understanding the strengths, weaknesses and needs of your temperament and modifying your behaviours with the Holy Spirit as your guide. God wants you to **THRIVE**, not just survive – even in the midst of struggles and challenges that can stand in your way. Despite it all, you are enough ... and our God is **MORE** than enough!

Jeremiah 29:11 (MSG)

“ I’ll show up and take care of you as I promised. I know what I’m doing. I have it all planned out, plans to take care of you, not to abandon you, plans to give you the future you hope for. ”

Cheryl L. Bridges, Founder & CEO
Christian/Spiritual Life Coach
Certified Temperament Counselor



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