

Now is really the perfect time to hire a Coach. We are in the middle of a Pandemic. People are experiencing fear, anxiety and uncertainty. We are going through some unprecedented times, many of you have lost jobs, the divorce rate has increased and many families have lost loved ones. With all of these major life changing events; you really just need someone that can help you see the big picture and give some guidance.

My coaching is based on experience; I have personally been through many of these events myself. I can help you brainstorm and figure out what your next move should be. Losing a loved one is hard and it sometimes; takes years to recover. The void may still be there but we can certainly work on your stages of grieving so you can find peace. Losing a job and going through divorce can be devastating also and support is only an email or phone call away.

I wish Coaching existed when I was young because my whole trajectory would have been so different but things have a way of working out for the good because I found it when I was open and ready for it. Timing is everything and there was purpose for everything that I went through. I am true believer that everyone should have a coach at some point in their life because we were programmed from childhood to think that we were not good enough and we needed all of things outside things to complete us. A Coach teaches you to look inside of you for answers. I encourage you to reach out to me if this article has resonated with you and you would like to work with me one on one to get clear on your goals and reach your highest potential.