

welcome

SURVIVED & THRIVED
LIFE COACHING WITH TAMI



Email: survived.thrived@gmail.com
Cell: 661-491-1419

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 @survivedandthrived



what to expect

what you can expect from me

- On time, focused and ready to listen
- Clarifying thoughts and focusing on goals
- Complete confidentiality
- My space is safe
- A listener who genuinely wants you to succeed

what I expect from you

- Show up focused and ready to dive in
- Be positive and ready to work
- Keep an open mind
- Be kind to yourself and allow space for your growth



Together we will assess your current position and survey your goals. Then, one piece at a time we will identify the obstacles and create a plan of action. We will decide which steps to take to dismantle the obstacles to move closer to the goal. We will do this while navigating the surprises and learning how to cope with the change. We will stay on track, monitor the progress, modify when necessary, and celebrate the wins!



about me

TAMI TALLMAN

I earned an undergraduate degree in Psychology and fell in love with the discipline. And then continued my focused study to earn a Masters of Science in Psychology with a concentration in Research. This became the foundation of an exciting new career path!

While I love teaching Psychology, helping people navigate life, especially after a divorce or a loss of a relationship, has been so gratifying. It's all about focus, gaining perspective, setting goals, and succeeding.

A good life coach can make all the difference. Not just in healing but in the quality of healing. Healing with a purpose and a goal. Just "getting over it" is good but healing, growing, learning, and succeeding is the absolute best.

This is how I found my passion. My mentor helped me to focus at a time where I thought it was impossible. The guidance and accountability was and is a game changer!

Thank you,
Tami Tallman

tamitallmanlifecoach.com

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how to get in touch with me

Questions!

If this is your first experience with a life coach, you will have questions. That's awesome! Ask away! I want you to be completely comfortable and feel good about the decision to make your life better and to let someone help you. I also want you to know what to expect from me and what I expect from you. Communication is the key.

HOW TO REACH ME

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