

*Your journey to self-discovery*

# LIFE COACHING



Our life coaches will guide you through a process of reflection, strategy, and action steps. Navigate life's transitions, work on your professional growth, refine your organizational skills, and focus on your priorities. We can help you to reach your goals and maximize your potential.

- Take part in convenient telephone or video conversations with your certified life coach.
- Establish your vision, set goals, and create an action plan in your very first meeting.
- Engage in up to 5 follow-up meetings to help alter, refresh, and move forward with your goals.

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