

## *Services as a Life Coach:*

- **Identify your goals and create and define a vision for success**
- **Create a personal growth plan**
- **Identify limiting beliefs**
- **Create a plan for a work / life balance**
- **Learn to communicate more succinctly and effectively**
- **Articulate core values**

**We look at what drives you, your motivation.**

**We identify what is holding you back, your barriers.**

**We search for patterns of negative emotions, thoughts or feelings. We identify how you can move past them.**

**You will learn new, better strategies and remove limiting beliefs that used to hold you back.**

**We will create self-empowerment so that you will be able to make changes on your own.**

**I will guide you to the future you desire.**