

WHY SOUL COACHING?

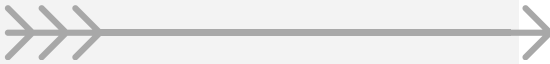
Life's most important elements are often passed over in light of the urgent: Those things screaming for our attention, reminding us they need checking off our perpetual to-do list. What we lose in the tyranny of the urgent is the priority of the present, the gift of knowing what's most important in light of who we are: Our core values, our life purpose, our rhythms of work and rest. So often in our auto-pilot operation, we do not make the time to identify what's most important, nor have the capacity to live from those truths.



WHAT DO I GET?

Enter - a coach for the soul: To help you make the space and time to navigate your bigger WHY; to identify the themes running beneath the surface of the day to day; To give you the tools to see the fabric of your life, how it's woven and what patterns currently need some rearranging. And, from there - to create an action plan - allowing body and soul to work brilliantly together and getting you where your heart beats the hardest.

HOW DOES IT WORK?

If we haven't already been in touch, use the contact info here  to connect with me!

Once we've been in communication, I will send over a link to an interactive online questionnaire. This will give us a general idea of whether or not we will be a right fit for coaching and where to begin our work together.

From there, we can set up a time to get together - either in person or via Skype - for our first session of digging in.

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