



Life Coaching

What is a Life Coach?

Up to three strategy sessions with a master's level professional that provides you with the support to improve your life and relationships. A Life Coach will help you to:

- Examine what is going on right now
- Move past obstacles or challenges that might be in your way
- Develop a course of action to achieve your goals

What can a Life Coach help me with?

- Life Transition
- Relationship
- Communication Style
- Decision Making
- Assertiveness
- Family Change
- Work-Life Balance
- Managing Workplace Stress
- New Baby
- Self-Image

What are the benefits of using a Life Coach?

- Improved decision making skills
- Greater interpersonal effectiveness
- Receiving a fresh perspective on personal challenges
- Increased satisfaction with life
- Easy access through telephone or Video Sessions

For more information or to set up an appointment:

Call: 800-433-2320

Text: 503-980-1777

Email: info@cascadecenters.com

Visit: www.cascadecenters.com



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