



LIFE COACHING



Justin helped me find my voice and be confident in that voice. He also helped me with empathy. If you're thinking about going on a journey and doing some coaching, I'd recommend Justin. He will hold you accountable, and he'll make it fun and enriching.



Natasha, Manager of Communications

COACHING LOGISTICS

All coaching is done virtually
Sessions must be used within 3 months
All payment collected prior to coaching

WHY LIFE COACHING?

Life is filled with personal and professional transitions that allow you the opportunity to look at yourself differently and grow. Sometimes you need a coach to have your back during that process, ask you the questions you might not have thought about previously, and who empowers you to find the answers you need to move forward.

LIFE COACHING CAN HELP YOU

- Create a plan so you achieve the goals you say you want
- Break patterns of behavior that are holding you back
- Align your choices to your core values
- Discover your purpose
- Hone your leadership brand
- Cultivate authentic relationships build on mutual trust
- Develop stronger self-confidence
- Navigate life transitions more successfully

3 LIFE COACHING PACKAGES

BRONZE

- One 90 minute coaching call

SILVER

- Three 60 minute coaching calls

GOLD

- Six 60 minute coaching calls

