

Life & Recovery Coaching

Compassionate, Personalized Support

Our life coaching sessions are thoughtfully designed to offer compassionate, one-on-one support that honors each individual's unique story, strengths, and challenges. Rather than relying on a one-size-fits-all approach, time is taken to understand personal experiences, goals, and the impact trauma may have had on one's life. This allows for the development of practical, meaningful strategies that truly resonate and feel relevant to where each person is right now.

A Flexible and Empowering Approach

Healing and growth are not linear processes. The coaching approach is flexible and adaptive, meeting each person at their own pace while empowering them to regain a sense of clarity, confidence, and control. Together, the focus is on building resilience, identifying patterns that may be holding one back, and cultivating tools that support emotional balance, healthy decision-making, and long-term well-being.

Safe and Supportive Space for Growth

Through a safe, supportive, and nonjudgmental space, clients are guided in navigating the complexities of life after trauma—transforming challenges into opportunities for growth and moving forward with purpose, self-awareness, and renewed hope.

Coaching Options

One-on-One Coaching Sessions

Personalized, private coaching sessions are available at a rate of **\$30 per hour**. These sessions provide focused time to explore challenges, develop practical strategies, and work toward meaningful growth at an individual pace. Each session is tailored specifically to personal goals and experiences, ensuring that support feels relevant and empowering.

Free Community Support Sessions

In addition to private coaching, a **free community support Zoom session** is hosted every **third Saturday of the month at 9:00 AM Central Standard Time**. This group session offers a welcoming and supportive space to connect with others, share experiences, and gain encouragement in a safe, nonjudgmental environment. While it does not replace individual coaching, it serves as an opportunity for connection, reflection, and collective support at no cost.

Choosing the Right Support

Together, these options allow for flexibility in choosing the level of support that best fits individual needs—whether through personalized one-on-one guidance or participation in a free, ongoing community support space.