



E-COACHING

Imagine getting the benefit of a Master Life Coach, without having to be anywhere at anytime.

What would it be like to have access to a Life Coach that is 100% based on YOUR schedule?

YOU'RE JUST SO BUSY

You know you want to take better care of yourself emotionally, physically and spiritually, but you don't have the time. You have trouble scheduling doctor's appointments and haircuts, so the idea of scheduling a Zoom or phone call with a coach and then having to carve out the time and space for it is just overwhelming. You simply cannot put one more item on your "To-Do" list.

But wouldn't you LOVE to have someone in your corner, that has your back, who knows your story, and gets who you are and is there for you when you need them to be? Wouldn't you like to discover that it is possible to put your needs first, and not on the back burner behind everyone else's?

Wouldn't you LOVE to have a wise, experienced Master Life Coach to help you navigate life's challenges? To have someone to whom you could go for inspiration and motivation, to bounce ideas off of, and to give you objective feedback?

Wouldn't it be amazing if you could have all of that without adding another appointment to your calendar?

Well, now you can.



WHAT IS E-COACHING?

e-Coaching is Life Coaching done entirely via email. It gives you all the same benefits as phone/video sessions, but without having to make appointments.

I coach people who are: having difficulty saying NO and setting boundaries (People Pleasers), going through a transition, feeling stuck, looking for their life purpose, wanting to feel more joy in their lives, needing to build up their self confidence, and wanting to take better care of themselves.

It's flexible.

e-Coaching is done totally on your time, for as long as or little as you want. Any time of day or night. You can write whenever you want to, from wherever you want to.

Designed to allow you to work around your schedule, at your own pace.

It's affordable.

e-Coaching costs less than 1:1 phone coaching sessions.

It's stress-free.

You never have to worry about being on the spot to come up with an answer.

It gives you time.

You will have plenty of time to think about what you want to say. There is zero pressure. Take the time to digest what's been written. Respond back when you feel like it. There is no appointment where the clock is running. You can relax knowing that you will be able to type for as long as it takes you to get through your ideas.

It's easy.

You write to me when you have a problem and I will write you back with reflective questions and exercises that ask you to think deeply about yourself. I will help you to find direction, set goals, and make a plan.

It's comfortable.

Many people find it easier to express themselves in writing rather than speaking. (I know, I always have!)

It's always there.

Save all the emails. Reread them. Use them as a reference. Let them inspire you. Use them for motivation. Unlike phone coaching, you can keep all our emails for future reference to read and reread as many times as you want.



HOW DOES E-COACHING WORK?

- I will send you a questionnaire where you will tell me what is currently going on with you, how you would like things to be different, what, if anything, feels scary to you about that, what is standing in your way, where you feel stuck, etc.
- I will thoughtfully respond exploring the answers to those questions and will provide you with reflective questions that invite you to think deeply about yourself and your issues. I will reply to you within 48 hours, sometimes on the same day. (Friday emails will be answered on Monday).
- You will think about all of those questions and answer me back in your own time. Ideally within a week as this will help keep up your momentum and commitment to this process. But if you need more time, that is perfectly okay! That is the beauty of e-Coaching!
- I will respond again. Clarifying, asking more questions, giving alternative ways to think about things.
- Your turn! You will respond to what I wrote, ask any other questions that you have.
- I will send you one final email solidifying and recapping our plan.

The Unlimited

- Contact me for a personalized quote

This gives you unlimited access to me for an entire month. You can write as often as you like.

The Accountability Buddy

- Contact me for a personalized quote

I will be your once-a-week accountability buddy for three months. I will be the person who keeps you on track! You let me know what your goal is, and I will check in on you to see how you are doing, and motivate you to keep moving forward towards that goal.