

FLOURISH

LIFE COACHING

You Can Grow with Flourish Life Coaching

Flourish Life Coaching exists to nurture lives that flourish—creating space for women to attend to God’s work within them and respond with faith, courage, and obedience. Coaching is a holistic process that engages every area of life—spiritual formation, family, relationships, work, finances, health, education, time management, and recreation.

Through a trusted coaching relationship, you can expect to gain meaningful insights, increase self-awareness, shift behaviors, and take intentional action that leads to lasting impact. As you grow in your ability to reflect, reason, dream, and decide, you will be equipped to move forward with clarity, courage, and faith.

The Heart Behind Coaching

At the core of Flourish Life Coaching is a commitment to help you identify and respond to your heart hungers—those deep, often unmet desires that drive your decisions, behaviors, and longings. These hungers may be for purpose, identity, belonging, peace, or impact. Coaching provides a space to name them, explore them, and pursue God’s truth in light of them.

Why Does Coaching Work?

Coaching at Flourish Life Coaching is not about fixing you or handing you answers. It is about creating intentional space to attend to what God is already doing within you—and responding with faith, courage, and obedience.

At its heart, coaching is a relational and discerning process that honors your God-given capacity to listen, reflect, and move forward with clarity. As your coach, I come alongside you to guide the process, hold the space, and support you as you name what matters most and take faithful next steps toward a flourishing life. Here’s how I support you in that journey:

Listen Intently - Your story matters. I listen with care, curiosity, and respect—creating a safe and attentive space where you can slow down, be fully heard, and notice what is stirring beneath the surface.

Ask Powerful Questions - Through thoughtful, prayerful, and forward-looking questions, I help you discern God’s invitations, explore new perspectives, and uncover insights that lead to clarity and wise action.

Encourage Purposefully - Encouragement is not flattery—it is fuel for faithful living. I will affirm your courage, name your growth, and remind you of your calling, especially in seasons when doubt or weariness tries to speak louder.

Facilitate Growth While Letting You Lead - Coaching is a partnership rooted in trust. I guide the process, but you remain responsible for your choices and direction. Together, we will clarify what God is inviting you into and take intentional steps forward with confidence and hope.

Why Work with a Coach?

Here are just a few common motivations for working with a coach:

- Align your daily decisions with your calling and values
- Navigate seasons of change with confidence
- Set intentional goals—and actually reach them
- Deepen your spiritual growth
- Strengthen personal or professional relationships
- Grow as a leader or team contributor
- Reduce stress and create margin in your life
- Build and sustain healthy habits
- Advance in your career or ministry

What is Mental Health Coaching?

*As a Certified Professional Life Coach with professional training in Mental Health Coaching, I will come alongside you to provide hope-filled, strengths-based support as you navigate life’s challenges. Whether you’re facing anxiety, depression, or other mental health struggles, coaching offers practical guidance to help you find peace, make wise decisions, and move toward healing and wholeness. Together, we’ll work on developing tools to manage difficult emotions, strengthen relationships, and rediscover your God-given purpose. I will also connect you with helpful resources—such as professional care, education, and community support—so you can build lasting stability and flourish in every area of life.

Flourish Life Coaching Specialties

- Coaching for Mental & Emotional Health *
- Coaching around setting & maintaining Boundaries
- Coaching for the ADHD brain
- Coaching for Anxiety Management

- Coaching around the Tool of the Enneagram
- Coaching around the Tool of the 6 Types of Working Genius
- Coaching for women in Ministry, Pastors’ wives, & Church Planting wives

“The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon.” Psalm 92:12

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**Investment:
\$75 per session**

