Practical Life Coaching

Clarity. Confidence. Action. Real progress.

ABOUT MY COACHING

I help people who feel stuck, overwhelmed, or uncertain about their next move turn reflection into practical action. My coaching is direct, respectful, and focused on what you can influence: your decisions, habits, boundaries, and next steps. The goal is not to tell you who to be; it is to help you identify what matters to you and build a workable path forward.

RELEVANT BACKGROUND & EXPERIENCE

My background includes service in the U.S. Navy, experience in security work, and volunteer coaching with a community nonprofit. I bring real-world problem-solving, adaptability, and an ability to encourage people through difficult transitions. My approach is grounded in lived experience and practical support rather than claims of clinical expertise or unverified coaching credentials.

MY APPROACH

We begin by defining the challenge clearly, identifying what is and is not within your control, and choosing realistic actions. Sessions emphasize attentive listening, candid feedback, collaborative problem-solving, accountability, and adjusting the plan when circumstances change. I aim to offer a judgment-free conversation while still challenging unhelpful assumptions and patterns.

CORE AREAS OF FOCUS

Getting unstuck: finding direction and creating manageable next steps.
Confidence and self-worth: reducing dependence on outside approval and building self-trust.
Boundaries and relationships: recognizing patterns, communicating needs, and making intentional choices.
Overthinking and follow-through: moving from analysis to decisions and action.
Life transitions and personal growth: adapting to setbacks, clarifying priorities, and rebuilding momentum.

WHAT CLIENTS CAN EXPECT

A focused, collaborative coaching conversation; practical goals tailored to their situation; and clear next steps to work on between sessions. Coaching is a partnership: clients remain in charge of their choices and progress.

AVAILABILITY

Monday-Friday, 1:00 PM-7:00 PM.

Scope: Life coaching is not psychotherapy, medical care, crisis intervention, or a substitute for licensed professional services. Referrals to qualified professionals are appropriate when needs fall outside coaching.