



fostering personal transformation

PERSONAL MENTORING AND COACHING GUIDELINES

Thank you for your interest in working with me. I am looking forward to guiding you in increasing your personal empowerment and facilitating healing and transformation in your life! Below are some guidelines and expectations for our work together:

WHAT TO EXPECT

Our mentoring relationship and your work with me will be unlike traditional therapy. We will use the theories contained in my book (There is Nothing to Fix: Becoming Whole Through Radical Self-Acceptance) to help guide and support you through our work together. Our intention is to identify areas of challenge in your life, understand the root of those challenges, and empower you with tools and strategies to navigate those challenges. Through this process you will experience freedom from your emotional discomfort, and change how your life feels.

The shift you will feel as we work together is often swift and sustainable, making our total time together relatively brief. For most clients, 4-6 private sessions feels adequate, though you are free to participate in more or less, as you feel you need. You are in charge of when you feel ready to be your own mentor!

Meetings occur over zoom, are scheduled in advance and take place at your convenience. Meetings are one hour each and the rate is \$125.00 per hour

For more information or to join an online TIMBo group email
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