



Confidence in Transition Life Coaching Group

Join Us!

Tuesdays for Six Sessions
October 29 – December 3
6:30 – 8:00 pm

We will meet at the
**Wholistic Therapy &
Life Coaching Center**
of the Midlands
1703 Richland Street
Columbia, SC 29201

Coaching Fee: \$300
for six session package
Limited to 8 participants

**Debbie Cohn is a Board Certified Life Coach specializing in
Group Coaching for Confidence in Transition.**

Life is full of transitions. We all know the feeling when one door closes and we're waiting for another to open. These times take us out of our 'comfort zone' and we may feel unprepared for the next step. Some examples of these transitions may be a job loss, moving, leadership advances, parenthood, bereavement, empty nesting, divorce, and even aging milestones.

It is normal to lose confidence in these situations and this group is designed to build back your confidence and help you move forward.

Life coaching can address these issues by helping set realistic, attainable goals to get you from point A to B. You will learn and practice new techniques and skills that will allow you to gain confidence and design the life you want, ***empowering you to move forward in a more positive, healthier light.***

**For more information or to register, please email:
debbie@cohnlifecoaching.com**

www.cohnlifecoaching.com

www.wholistictherapyandcoaching.com

