



Life Coaching | Coacheroes



Our skills are about knowing the right questions to ask and having the right tools and techniques to empower you to find those answers within yourself.

You, the client, are the only expert in your entire life who truly knows who you are and what you need. You are the only expert who can recognize what is absolutely best for you.

[Coacheroes](#) are simply experts in the coaching process. As your coach, we help you discover what your own personal “best” might be.

Every day we make choices to do or not do many things. These choices may range from profound to trivial and each one has an effect that makes our lives more fulfilling or less fulfilling, more balanced or less balanced, that make our process of living more effective or less effective. Life coaching helps you learn how to make choices that create an effective, balanced and fulfilling life.



We help you connect your head and your heart in a way that transforms your passion for your dreams into action for your life.

We are highly trained as generalists and can coach superbly on any aspect of life. However, we may choose to specialize in one or more of the following areas :

- Confidence, Self Worth & Self Esteem
- Loving Relationships That Work
- Career Change—Creating Workplaces That Work
- The Mastery of Balance—Juggling a Life
- Self Care—Getting Your Own Needs Met
- Living Your Purpose
- Hot Buttons—Managing Anger, Upsets, Frustration and Stress
- Managing Grief, Loss, Sadness and Change
- Connection Parenting
- Self & Identity—Surviving the Oppressive Over-Culture
- Homesteading, Environmental Activism & Permaculture
- Artists—Creativity & Art
- Food, Nutrition, & Optimal Health



Please see our individual pages to determine which coach is most appropriate for your needs. Take this moment to [contact us](#) right now for your **complimentary consultation** to find out what life coaching can do for you. This one click can change your life forever.

