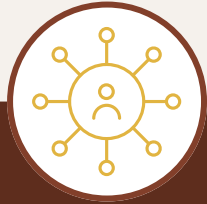




# THERAPY, COACHING, CONSULTING

## WHAT'S THE DIFFERENCE?



### THERAPY PAST

An approach that examines your past, with a focus toward healing, to make you feel whole and bring you into the present.

Healing  
Trauma  
Addictions  
Mental Illness



### COACHING

*Present | Future*

This approach works from right now and moving forward. We believe you are creative, resourceful and whole. There is nothing to fix. You already carry inside you everything that you need to accomplish your goals.

**Clients co-create their own learning, solutions & actions.**

Potential	Decision Making
Possibilities	Accountability
Deeper Learning	Actions
Transformation	Leadership



### CONSULTING

*Problem Solving*

An approach that is focused on problem solving and is project related.

**Consultant offers solutions.**

Advising  
Mentorship  
Solutions