

WHAT IS LIFE COACHING?

A life coach is a type of wellness professional who helps people make progress in their lives in order to attain greater fulfillment. Life coaches aid their clients in improving their relationships, careers and day-to-day lives.

Life coaches can help you clarify your goals, identify the obstacles holding you back and then come up with strategies for overcoming each obstacle. In creating these strategies, life coaches target your unique skills and gifts. By helping you to make the most of your strengths, life coaches provide the support you need to achieve long-lasting change.

BENEFITS OF COACHING?

While more research is needed to confirm the benefits of coaching, some studies have found coaching may also be helpful for:

- Having Inspiration
- Hope
- Building Pride
- Developing New Interest
- Experiencing Self-Love
- Finding Amusement
- Finding Joy
- Gratitude in Life
- Serenity



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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YMCA WELLNESS CENTER

LIFE COACHING

Transform Your Life FOR A BETTER YOU



Visit our website for more information
or to book an appointment.

www.grantspassymcawellness.org

ENJOY THE EXPERIENCE

10 WAYS TO GO FROM COPING TO THRIVING



Here are the ways you can THRIVE by working with a coach:

- Exploring options and growing
- Better risk management
- Increased productivity
- More life satisfaction
- Life balance
- Better social opportunity
- Goal attainment
- Identifying personal strengths
- Resilience
- Increased mindfulness



N B H W C

THE NATIONAL BOARD FOR
HEALTH & WELLNESS COACHING

approved
training
program

OUR COACHES

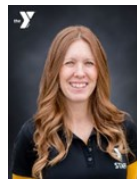
CERTIFIED BY REAL BALANCE
GLOBAL WELLNESS SERVICES



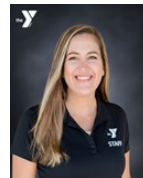
Our dedicated Coaches here at the YMCA Wellness Center are certified. Each coach is specialized in their own techniques and specialties which gives you the opportunity to get the best experience in the Grants Pass area offering high quality at an affordable rate.



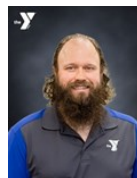
Matt Lund



Vanessa Kurz



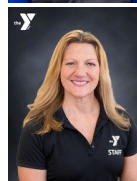
Lisa Keesee



Woody Chambers



Rita Kurz



Liz Barnes

WHO SHOULD CONSIDER COACHING

Many people seek out life coaches for guidance in navigating a significant life change, such as taking on a new career. In plenty of cases people turn to life coaches simply for help in building a happier, more meaningful life.

- Frequent Irritability
- High Level of Stress and or Anxiety
- Inability to break bad habits
- Lack of fulfillment in your social life
- Persistent feeling of dissatisfaction
- Sense of blocked creativity
- Helping you in your journey of life

COACHING PRICING

First coaching session includes a brief intake process with your coach.

- First session 1.5 hr: \$80
- 30-minute: \$35 / \$25 for Y members
- 60-minute: \$60 / \$50 for Y members

SCHEDULE A TIME

Monday - Friday
coaching@grantspassymca.net

