

Feel like you're not making progress in your life?

Feeling stuck, or like there's something holding you back?

Are you ready for a fresh perspective, new insights, a 'second pair of eyes' to see what you can't yet see, on your journey to self-awareness, personal growth, and whole-self evolution?

This six-month coaching plan takes you on a deep-dive into and beyond your current self-awareness, through a layer by layer revelation about how you see yourself, the ways you think about yourself, and how you believe in others' opinions and views of who you are. Together with Terri, you'll safely expose old patterns of thinking, historical trauma, and begin breaking any habits that no longer serve you. You will release unhealthy thoughts from your past, as you begin mentally preparing yourself to evolve into the new you.

You will work toward a set of goals that you identify as important to you, while also exploring with Terri's caring and full support and coaching practices the things that hold you back, and why.

6 MONTHS COACHING