

About Leigh

Leigh's interest in life coaching grew out of her desire to help others. After leaving an abusive marriage it took her years to rebuild her life. She realized there had to be more out there and she was tired of settling, but where could she find the necessary tools? That's when she discovered life coaching.

She is currently working on her Master's in Life Coaching through Light University. She is a Certified Life Coach.

In addition to private life coaching sessions, she also offers workshops and seminars. She is also a motivational speaker, vocalist, writer, genealogist and event planner.



Why Life Coaching?

Change yourself, change your life

Take baby steps to make changes towards the life you always dreamed of

You have to be willing to put the effort and work in to make the changes you desire

Work through major issues or towards having the life you always dreamed of living

Affordable options

Move towards the future, not the past



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Christian Life Coach

You Can Overcome



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Specialties

Leagh specialized in the following areas:

- ◇ Women's Coaching
- ◇ Caregiving
- ◇ Creativity
- ◇ Transition
- ◇ Wellness

In addition to her training she has extensive personal experience in all of these areas.

Workshops and Seminars also available

Caregiving Coaching:

- Find answers to your questions
- Work through your frustrations
- Work through the changes
- Deal with burnout

Creativity Coaching:

- Explore your or your child's creativity
- Discover hidden hobbies & passions
- Deepen your creativity
- Find a new hobby
- Turn from amateur into a pro

Transition Coaching:

- Discover ways to work through this time in your life
- Move forward
- Set goals and overcome obstacles

Women's Coaching:

- Work through past hurts
- Discover God's plan for your life
- Draw closer to God
- Build self-confidence and self-esteem
- Discover your personality
- Discover your strengths and weakness
- Turn your mess into a Masterpiece
- Get real with yourself

Private Coaching Sessions are Available

- ◇ Affordable pricing
- ◇ Various plans available
- ◇ 3 Month minimum
- ◇ Follow up options available after three months

Wellness Coaching:

- Work towards a life of wellness in every aspect of your life
- Find time for rest and play
- Get physically fit in a healthy way
- Develop a plan to pay off debts
- Overcome depression, anger and find forgiveness
- Improve your Spiritual life
- Maintain stress management
- Work through Relationship issues

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