

## **What Is Life & Spiritual Coaching?**

### **Life Coaching**

Coaching is a partnership and co-creative process. A life coach reviews and supports you in all areas of your life by asking: “How’s it going—physically, mentally, emotionally, and spiritually?” In each meeting, the client is in the driver’s seat. You choose the focus for the conversation. My role as your coach is to listen, ask questions and provide support. Coaching emphasizes your ability to create the life you want.

### **Coaching Is Not Counseling**

Although there’s an overlap between coaching and counseling, they’re not the same. Therapy typically focuses on solving problems and examining what’s keeping people stuck. Coaching is more concerned about where the client wants to go and making a specific plan to get there.

### **Spiritual Coaching**

I use my training and certificate in Spiritual Direction through Gonzaga University to support you in strengthening your relationship to God or your Higher Power. As a spiritual coach I’ll ask you how you’re experiencing meaning and purpose. Restlessness or discontent may be a sign you’re being invited to a greater awareness of the Spirit’s Presence in your life.

### **My Process as a Life and Spiritual Coach**

I coach people over the phone. Rather than spend time driving to an appointment, you’ll receive support in the comfort of your home. Most sessions are 60 minutes. Before every call, I take quiet time to ask God’s guidance to help me be an effective coach. I respect all faith traditions and acknowledge that many people are spiritual without being religious.

My role is to be a supportive companion for your journey as you discern what it means to live abundantly in all areas of your life. When there are changes and challenges, I assist you to

release your expectations of how things should be and find peace in accepting “what is.” Chaos and breakdown often precede a break through to new growth. We explore what it means to live from a deeper source of guidance. My goal is to empower you to thrive while fulfilling your unique purpose. Our time together is a sacred space to create life balance and celebrate achieving your goals.

Discover Your Soul Prints---Your Unique Spiritual Signature and Purpose

You're invited to try a FREE 30-minute experience of coaching. Call Susie Weller at (509) 255-6676 and mention you saw this offer on my website.