



You can't
re-write your past,
but you can grab a
clean sheet of paper
and write your
future.



BELINDA LOWRY



As a Professional Life Coach, with over 15 years of experience in the helping field, I am here to partner with you to find the delight and calm that you long for.

I support you in discovering how to embrace your fullest potential that reflects your values, goals, household needs, and personality.

I offer private Coaching Services and group Workshops.

Addy, WA 99101

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www.EmbraceItCoaching.com

EMBRACE IT COACHING



We can either just ride along or we
can fully embrace life.

Services: Professional Coaching
and Workshops



EMBRACE THE JOURNEY

My vision for uplifting humanity is to make coaching services more mainstream and accessible to all classes and walks of life.



What is on your "someday" list?

"Why should I hire a Life Coach?"

You know how a really good mechanic can get your car running just as you want it to. Well, that is similar to what I do. I partner with clients to discover how to get their life to what they want it to be. You know, many people are living below their ideal vision. So, as a Professional Coach, I support clients in unlocking and maximizing their fullest potential.

And what's so good about that is that people can stop feeling guilty for what is missing and start embracing a fulfilling life. And they will no longer sum up their life in this saying "well, that didn't turn out as I hoped." But instead, they will celebrate living their designed life.

MISSION:

There is a large gap between those who have reached success and those that qualify for current assistance programs. There is also a tremendous amount of potential in the people who are living in the gap.

My focus is to find ways to fill that gap, to support the individuals in their journey to success, and make a better community.

PRIVATE COACHING:

Private Coaching sessions are conveniently held over the phone. The first Intro Session is 70 minutes and the regular Sessions are 40 minutes. The regular Coaching Sessions are sold in packages.



SUCCESS:

Success is uniquely and specifically defined by the client.

WORKSHOP TITLES:

Some workshop options:

- ~ Discover Your Life Purpose ~ Live Your Life Purpose
- ~ Pursue Life Balance ~ Finally Get Organized
- ~ Closing a Life Chapter ~ Starting Another Chapter
- ~ Maximizing Tendencies for Corporations and Employees

WORKSHOPS:

Workshops are held in person and typically consist of 4 classes with field work in between. Internet classes are not available at this time, but may be an option in the future.