

# Is Coaching *Right for You?*

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*You are likely the strong one — the person others come to, rely on, and look to for direction.*

*You lead well. But somewhere beneath the capability and the competence, you wonder what it would feel like to lead your own life with the same clarity and intention.*

Coaching is not about fixing you. It is about creating space — to think clearly, examine patterns, and make decisions that align with who you are and what matters most. The women who benefit most from this work are already capable. They are simply ready for more.

*This work is a strong fit if you...*

## **You lead others**

- You are the person others depend on — at work, at home, or in your community
- You navigate complex decisions, often alone
- You are ready to lead yourself with greater intention

## **You are ready to grow**

- You are open to honest reflection and real conversation
- You want clarity, not just answers
- You are willing to examine how you think and lead

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*This work asks something of you. If the timing isn't right, that's okay.*

*This may not be the right fit if...*

- You are looking for someone to simply tell you what to do
- You prefer consulting or direct advice over guided exploration
- You are currently seeking mental health or therapeutic support
- You are not yet ready to commit time and energy toward meaningful change

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**If any of this resonates, let's talk.**