

Get Real Coaching Method

GET IN IT:

Get all up in there! Look at how you show up, how others show up and what you see happening.

What common themes or patterns are here? Where are you stuck? What is the conversation /loop in your head about others... about yourself? What is happening here, there, and all around you?

Do you know what your values are? Do you know why and what you want from this relationship?

GET HONEST ABOUT IT:

This takes a bit of being vulnerable folks! Don't worry... I'm here to help! I'll guide you through exploring and opening to shifts, insights and change. We'll go deeper into your feelings and the story behind those feelings so you can be honest about how you are showing up.

We will discover your authentic connection to yourself so you can create sustainable pathways moving forward. Let's look at your Values and Strengths and practice using them as your guide to create new patterns.

We'll find out why you want this relationship, how do you want to serve it and have it serve you? We'll discover if you are creating your life or just repeating the "same old song"?

GET ON WITH IT:

Let's put that vulnerability and those insights into Action!
YOU CAN DO THIS!
Set LOVING boundaries. Listen at level 3 (more on that!) and be heard! Stop the patterns that are not bringing you closer to love and connection.

Capitalize on your strengths and move on from your mistakes. Get out of that conversation/loop in your head and execute from your authentic self!

Create the relationships and life that you want and start living it from love and connection.

You can do this!