

WHAT IS LIFE & SPIRITUAL COACHING?

A LIFE COACH reviews and supports all areas of your life by asking, “How’s it going?”

- ❖ Physically
- ❖ Mentally
- ❖ Emotionally
- ❖ Socially
- ❖ Spiritually

A SPIRITUAL COACH strengthens your connection to God by asking, “How do you experience these?”

- ❖ Meaning
- ❖ Purpose
- ❖ Direction
- ❖ Intimacy
- ❖ Integration

Restlessness or discontent may be a sign the Great Mystery we call God, is calling you to greater aliveness and alignment with your values and choices. A Life and Spiritual Coach attentively listens and encourages you to live from a deeper source of guidance.

DISCOVER YOUR SOUL PRINTS— YOUR UNIQUE SPIRITUAL SIGNATURE AND PURPOSE



For Life & Spiritual Coaching Contact:

Susie Leonard Weller, M.A.
(509) 255-6676 or www.susieweller.com

M.A. in Pastoral Ministry, 25 years of providing educational and coaching services
Certified brain style consultant and author: [Being a Whole-Brained Family in a Half-Brained World](#).
Completing a certificate in Spiritual Direction from Gonzaga University.

Individuals and groups enjoy these services:

- ❖ **Life satisfaction review:** move from surviving to thriving
- ❖ **Brain style assessment:** discover why the way you think shapes your spirituality, communication with others, parenting and career choices
- ❖ **“Wave Maker” energy balancing:** recognize and release the 12 core dynamics of self-sabotage using a state-of-the-art biofeedback machine
- ❖ **Workshop presentations:** courage for mid-life choices, let go of the blame game—create the life you want and increase your team’s whole-brain thinking and creativity