



MER Life Design

## Life Coaching: Solutions-Focused Self-Care

So many ask what life coaching actually is. It's support -- for everyday life challenges. If you're life is relatively challenge-free, then coaching becomes a way to deepen your connection to yourself, hone your intuition, look at new levels of creativity and joy or live from a space of true compassion and equanimity.

What's unique about MER Life Design coaching is the facilitation process. We always start and/or end with a meditation or centering -- which most clients say is one of the best parts of the session. It's a way to anchor intention and learning. There's a lot of active listening and exploratory inquiry -- helping you arrive at the answers to your questions more quickly and effectively than you could on your own.

Life coaching is a powerful process of Self-discovery. Whether you need to bring more balance into your life, are working through a communication issue, would like to set goals, establish new patterns or just feel the need for a little guidance and inspiration, coaching is a powerful and effective tool for growth and transformation.

"First, I want to share my total appreciation for the coach you are. In the space that you hold and the masterful way that you facilitate, I found myself able to discover possibilities for my life that I hadn't considered. Suddenly, there's space for movement into new directions as rigid assumptions about what needs to happen or how long it might take for a dream to be realized are released. The depth of your own inner work is so apparent, and as a result what flows through you is truly transformative." - Steve Wolk, CEO Silicon Groove

### **FEE STRUCTURE**

#### **90-minute Sessions**

Individual: \$175 each  
Series of Five: \$825  
Series of Ten: \$1,500

#### **60-minute Sessions**

Individual: \$135 each  
Series of Five: \$625  
Series of Ten: \$1,100

#### **30-minute Sessions\***

Individual: \$75/each  
Series of Five: \$350  
Series of Ten: \$650

**All sessions can be done in person or via phone for your convenience.**

**\*Package of 30-minute sessions requires a minimum of one 90 minute session in advance.**

**Payment by check or cash at time of service.**

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