

# Coaching

Coaching is a tool used to help people move forward with a specific goal in mind. Coaching does not work on symptoms of a diagnosis nor does it work on improving anxiety, depression, or healing from trauma.

We start with the Grow Model which helps you set GOALS, look at your current REALITY, decipher the OPTIONS available to you, and determine the WILL or motivation you have to meet your goals. We will build your motivation toward change. For ongoing coaching other models may be employed.