

Coaching Workshops for Adults

These workshops are for ages 18 and up. All of these workshops guide you into being the best version of you.

Creating Confidence In You

Discover what confidence means to you. Find the essential confidence boosters that you need to elevate your self-esteem, self love, and life's path. Learn ways to build confidence in yourself and your life's passion.

Ways to Enhance Life Performance

You will receive simple and efficient ways to perform optimally and functionally.

Anxiety Busters

Learn the truth about anxiety and ways to handle it. Learn how to calm your fight or flight responder quickly. Learn how to live in a state of peace. This workshop will help you lower your stress and increase your vitality.

Communication Station

Learn the six key words that are in the way of communication and connection. Identify ways to create connection. This workshop will help you on stage, in interviews, and auditions.

Empowering You

Learn what inspires and motivates you today. Identify the key components to your passion, presence, and purpose. Find your "why" in your personal life and professional life. Walk away feeling alive.

Fueling Your Life

Learn what your body needs for energy on all levels. You will learn how to maximize your energy after this workshop.

Conscious Relationship

This workshop focuses on increasing self love, self confidence, and self esteem. You will have a better understanding of yourself and others.

Visioning

Learn how to deliberately create the life you really desire. Learn how to create clear intentions in all parts of your life.

Mental Strength & Endurance

This class provides you with ways to strengthen your mind, manage your thoughts, and regulate your emotions. You will also gain an understanding of the brain and exercises to maximize its strength.

Break Through Barriers

Learn how to break through fear, and anything in your way mentally, physically, spiritually, and

The Truth About Stamina

Learn how to build strength and endurance mentally, physically, spiritually, and emotionally.

How to learn and retain quickly

Learn the tools necessary to learn and retain information quickly and efficiently. This will enhance your relationships, your business, and your career.

A Pathway to Passion and Purpose

Learn a process that you can use at any time in your life to live in your passion and purpose, and be on your chosen path.

Life Skills

Learn the skills necessary to live an abundant lifestyle. You will receive a self assessment that aligns with this reality.

Work Life Balance

Learn how to balance your work and life. Learn simple tools that are effective and efficient.

****Classes online and/or in person****

For more information:

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