



FAITH
HELPS
LLC

TRANSFORM. REWRITE. REBUILD.

LIFE COACHING



Format & Logistics

- Session length: 60 minutes (Zoom).
- Frequency: Sessions may be scheduled on a weekly, bi-weekly, or monthly basis.
- Homework: Tailored assignments, practical activities, reflection exercises and accountability tasks between sessions.



What to expect in a session:

- Faith-centered encouragement, grounding, insights, and application.
- A safe, confidential space focused fully on your growth, goals, and alignment.
- Personalized guidance and support tailored to your unique needs and lived experience.
- Strategy-based coaching that helps you move from awareness to clear action steps.
- Gentle exploration of how past experiences may be shaping current patterns — and how to shift them.
- Practical mindset tools, skills, and frameworks to navigate challenges more effectively
- Accountability to stay consistent and committed to your progress
- Session recap + specific next steps to apply between sessions





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Key Outcomes

- Clear priorities and a step-by-step plan you can actually follow.
- Stronger emotional self-regulation and decision clarity.
- New habits and systems that translate insight into consistent action.
- Greater confidence and alignment with purpose.
- Increased ability to identify + interrupt unhelpful patterns before they take over.
- More intentional boundaries that protect peace, purpose, and emotional bandwidth.
- Improved self-trust — choosing what's best for you without guilt, fear, or second-guessing.
- A renewed relationship with hope, belief, and forward momentum — even through obstacles.
- A shift from survival mode to vision-building mode with long-term sustainability.
- Practical tools you can carry with you long after coaching ends.

