

About Leigh

Leagh's interest in life coaching grew out of her desire to help others. She is currently working on her Master's in Life Coaching through Light University. She is a Board Certified Life Coach.

Leagh has been a caregiver for the majority of her adult life. She and her Mom have cared for her grandmother for over 20 years. She also worked as a paid caregiver for 4 years.

She understands the stress and pressures of being a caregiver. She has learned a lot about various organizations through her experience.

In addition to private life coaching sessions, she also offers workshops and seminars. She is also a motivational speaker, vocalist, writer, genealogist and web designer.

Why Life Coaching?

Change yourself, change your life

Take baby steps to make changes towards the life you always dreamed of

You have to be willing to put the effort and work in to make the changes you desire

Work through major issues or towards having the life you always dreamed of living

Affordable options

Move towards the future, not the past



TRINITY LIFE COACHING

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TRINITY LIFE COACHING

Caregiving Life Coach

Work through the Challenges



864-551-3509

What is Caregiving Life Coaching?

Find answers to your questions

Work through your frustrations

Transition into a new home

Hire and manage caregivers

Deal with burnout

Accept changes to your life and lifestyle

Discover agencies available to help you

Learn ways to approach dementia and Alzheimer's

Prepare for the end

Move forward into the next chapter of your life

Caregiver Facts:

29% of population are caregivers

14.9 million Americans care for someone with Alzheimer's or dementia

Many caregivers cannot afford help

Workshops and Seminars

Dealing with Burnout

Making a Smooth Transition

What Happened to my Life?

So Much to Share, So Little Time?

Preparing for the End

What's Next?

Private Coaching Sessions are Available

Affordable at \$125/month

3 Month minimum

Follow up options available after three months

Other Specialties:

Creativity

Transition

Health and Wellness

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