

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 through more than her share of transitions. She has been divorced, left an abusive situation, and struggled with depression.

Leagh has moved more than twenty times, held various job, been unemployed, overcome obstacles and moved forward through various times of transition.

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

Transition Life Coach

Lead the best life possible



864-551-3509

What is Transition Life Coaching?

Find answers to your questions

Work through your frustrations

Overcome roadblocks

Set goals

Explore new pursuits and portals

Try new things

Transition includes but is not limited to:

- ⇒ Job loss/Career Change
- ⇒ Moving
- ⇒ Marriage
- ⇒ Divorce or breakup
- ⇒ Loss of loved one
- ⇒ Starting Over
- ⇒ Having a baby
- ⇒ Natural Disasters

Transition Facts:

We all transition throughout our lives

God wants only the best for you

Your options are endless

You can work through or around your obstacles

Workshops and Seminars

Working Through Major Life Transitions

When Life Forces You to Start Over

Private Coaching Sessions are Available

Affordable at \$125/month

3 Month minimum

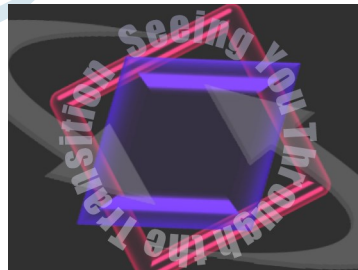
Follow up options available after three months

Other Specialties:

Caregiving

Creativity

Health and Wellness



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