

About Leigh

Leigh's interest in life coaching grew out of her desire to help others. After leaving an abusive marriage it took her years to rebuild her life. She realized that there had to be more out there and she was tired of settling, but where could she find the necessary tools? That's when she discovered life coaching.

She is currently working on her Master's in Life Coaching through Light University. She is a Board Certified Life Coach.

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 CHRISTIAN LIFE
COACHING**

PO Box 1592

Phone: 864-551-3509

E-mail: leagh@gmail.com

www.dianaleghmatthews.com

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COACHING**

Christian Life Coach

You Can Overcome



864-551-3509

Specialties

Leagh specialized in the following areas:

- ◇ Creativity
- ◇ Caregiving
- ◇ Transition
- ◇ Wellness

In addition to her training she has extensive personal experience in all of these areas.

Creativity Coaching:

Explore your creativity
Discover hidden hobbies and passions
Deepen your creativity
Find a new hobby
Turn from amateur into professional
Encourage your child's creative outlet

Wellness Coaching:

Work towards a life of wellness in every aspect of your life
Find time for rest and play
Get physically fit in a healthy way
Develop a plan to pay off debts
Overcome depression, anger and find forgiveness
Improve your Spiritual life
Build your self-esteem
Maintain stress management
Work through Relationship issues

Caregiving Coaching:

Find answers to your questions
Work through your frustrations
Work through the changes
Deal with burnout

Private Coaching Sessions are Available

Affordable at \$125/month

3 Month minimum

Follow up options available after three months

Transition Coaching:

Discover ways to work through this time in your life
Move forward
Set goals and overcome obsta-

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