

Health, Wellness & Life Coaching



Overcoming Fear & Anxiety: Participants will learn about the structure and nature of fear and discover how to disarm fear in their lives. Whether that fear is real, or imagined, specific techniques will guide in dialing down anxiety and restoring calm, optimism, and hope.

Reduce Feeling Overwhelmed: Getting organized, reducing clutter and chaos, breaking the Procrastination habit, moving forward on projects, and completing tasks is the process of life management and the focus of this coaching segment.

Healthy Living and Weight Management: Eating well, meal planning, smart supermarket shopping, becoming active, managing negative emotions, and achieving a healthier weight is the focus. (Donna's specialty is healthy weight achievement).

Relationships: Personal and/or Professional: Reconciliation, resolving conflict, building trust, setting healthy boundaries, forgiveness, inclusion, dealing with negative people, and bridging a generation gap all foster harmony & healthy relationships.

Mental & Emotional Health: They go together. Participants develop mindfulness & learn steps to cultivate mental positivity which impacts emotional well being. Donna excels in supporting and guiding through grief, uncertainty, life crisis, change, and loss.

Goal Achievement: Activate your brains natural ability and fundamental role to assist in goal achievement—in any area —sports, academics, career, lifestyle, weight loss, finances or finding the love of your love.

Career & Business: Finding your purpose & passion, success principles, building confidence, sales, job satisfaction, team unity, entrepreneurship, starting your own business, operating with excellence, coping with change or redundancy

Any Area of Life Where You or Your Employees Need Assistance.