

Coaching with Donna



Life Management:

Healthy Living and /or Weight Management

Eating well, meal planning, smart supermarket shopping, improving daily habits, becoming active, managing negative emotions, achieving a healthier weight, balancing life and work, easing stress, and more.

Relationships:

Personal and/or Professional:

Reconciliation and resolving conflict, building trust, setting healthy boundaries, forgiveness, self-confidence, dealing with negative people, bridging a generation gap.

Career & Business:

Success Principles for Success, goal setting, goal attainment, job satisfaction, team unity, entrepreneurship, operating with excellence, coping with change or redundancy.

Mental & Emotional Health:

Stress ease and regulation, overcoming worry and anxiety, developing mindfulness & mental positivity, cultivating emotional well being.
Donna excels in supporting and guiding through grief 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.

Time Management:

The basics of cultivating order, getting rid of irritations, prioritizing, delegation, freeing up time, overcoming procrastination.

Life Purpose & Passion:

Identifying your life purpose gets you on track for the success that brings fulfillment. Knowing your passions helps you develop a clear criteria for making important life decisions. Wondering “What’s next?”

Private and Confidential Coaching with Donna

Email: Info@InspiredwithDonna.com

345-929-7512