

Excellent Service, Your Way

- Samaritan's life coaches are professionally certified through accredited programs.
- You may express your desire to have your personal faith/spiritual beliefs integrated into your coaching experience.
- You may opt for either in-person or virtual coaching.

For more information, please call Samaritan at **412.741.7430**. You can learn more about us at **samaritancounseling.net**.



SAMARITAN
Counseling • Guidance • Consulting

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Accredited by:



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Life Coaching



Be your best self.
Live your best life.

What is Life Coaching?

Do you want to design your own future? Have you reached a pivotal point in your life and need guidance? If your answer is “yes”, then perhaps it’s time to partner with a life coach. As part of our holistic approach to health and well-being, Samaritan offers **life coaching**.

Coaching is a powerful way to help you achieve your life goals while aligning them with your personal values and priorities.

Coaching helps you to maximize your strengths and use them to your advantage.

You and your coach will establish a proactive partnership. Your coach will help you tune into areas of your life that are nourishing while identifying those that are draining. He or she will support you in overcoming what’s holding you back while exploring your potential and what is possible.



What Are Some of the Reasons Why People Seek Life Coaching?

As we all know, life sometimes throws you a curve ball. Circumstances overwhelm you, pull you off track, and you struggle to make progress and feel fulfilled. Or you may simply want to work with a professional who can help you clarify your goals,

build on your strengths, and keep you accountable and moving forward. People seek coaching for many reasons, which often include:

- Approaching a major life transition.
- Struggling with relationships.
- Being a procrastinator.
- Feeling stuck, losing confidence or energy.
- Improving health, life balance.
- Lacking a clear plan to achieve goals.

How Does Life Coaching Work?

After an initial 90-minute introductory session, you will have 8 to 12 one-hour sessions. You and your coach will arrange to meet in-person or via an online video platform.

During coaching sessions, you will:

- Learn to set realistic goals.
- Develop new, more effective thought patterns and ways of working and relating.
- Overcome self-sabotaging habits.
- Establish healthy boundaries.
- Incorporate daily “needle movers” throughout your journey.

Mastering the principles you learn through life coaching will empower you to take charge of your future. You’ll have the tools to build a bridge from your current position to where you want to be.

