



Do you want to live life on your terms?

Free to Pursue Life Coaching

Having been there and done that (and still forging ahead), I offer you the tools necessary for you to determine and set your life's direction, including the power to make tough decisions and follow through, even when they go against everything we've been taught to believe about work and the good life.

I understand the frustration of feeling "stuck", and I also know the amazing feeling of gaining traction and turning things around to become your best self in all aspects of life, as you define it.

Coaching Method

I enable you to live life on your terms. Period.

We all exist as whole persons, not as managers of compartmentalized roles as we're lead to believe. Increased personal awareness and mindfulness is the key to living a life that is true to you, that fits YOU.

I can help you make better decisions through self-discovery as you develop a deeper understanding of the pitfalls and behaviours that are keeping you from doing what you want to do and live the life you want to live.

You can count on me to be both the coach telling you what you need to hear *and* your greatest cheerleader. What's holding you back?

Fee Structure

I offer a complimentary interview/overview session to ensure we're a good match. Assuming that's the case, subsequent sessions, including the time used to review submitted materials, are \$95.00 per hour (15-minute increments).

For more: contact@freetopursue.com

Areas of Focus

1. Mindfulness:
 - Enhancing time use
 - Aligning action to values
2. Addressing Change
3. Self-Discovery Guidance:
 - Getting to know *you*
 - Discovering why you do what you do
 - Revealing and acting on your "why"
 - Money strategies
 - Personal development
 - Relationships

Testimonials

"I am grateful to have a confidant that I trust and can rely upon in times of crisis." — Sandy

"My husband once said to me if you find a job you love, you never have to work another day in your life. That's the mantra of a ...coach. Passion. Empathy. Sincerity. Joy. Thanks for making me a better person." — Karlene

"I use F2P as a sounding board because she has thought deeply, walked the walk and faced up to the challenges of modern life that so many people never stop to think about." — Barney