

# We Are Alive 2 Thrive

## Life Coaching



Thank you for this opportunity to introduce myself and my Life Coaching Service. My name is Lori J Dutch, I am a certified Life Coach, and I am also a healthcare professional at Wentworth-Douglass Hospital.

As we find ourselves living our lives in a time that has become full up with overwhelming uncertainty, fear, financial stress and burden, performing roles we never anticipated, managing loved-one's emotional care, along with navigating feelings of disconnection, isolation, and loneliness within ourselves. With so many of us experiencing distrust, doubt and misgivings about our life plans, **how are we** receiving the emotional care and support for ourselves?

Life Coaching is a designed partnership between client and coach where the coaching relationship continually facilitates empowerment for the client. My training and skills are about knowing the right questions to ask, and offering the right tools and techniques to empower and motivate my clients. Coaching for me is a commitment. My clients' goals become equally mine.

At this compromised time, I offer my service at a discounted rate, along with a **free** 15-minute consultation. For convenience and compliance, my service can easily be achieved through a telephone call, or if preferred, a virtual connection such as FaceTime or Zoom.

**As we are all continuing to deal with these trying times, we are finding it more important, valuable and essential in receiving understanding, support and guidance.**

Please call me at **978-995-7605**

[www.wearealive2thrive.com](http://www.wearealive2thrive.com)

With Gratitude,

Lori J Dutch