

LIFE CHANGING CONVERSATIONS

WITH

ELAINE STEERS

CERTIFIED LIFE & WEIGHT COACH



ARE YOU FEELING...

OVERWHELMED?
FRUSTRATED?
BURNT OUT?
UNHEARD?
STUCK?

LET'S HOP ON A 20 MINUTE
VIRTUAL COACHING SESSION.

WHERE WE'LL...

DISCUSS THE PROBLEM,
DISCOVER THE CAUSE,
DEVELOP A SOLUTION.



[MSHA.KE/ELAINESTEERSCOACHING](https://msha.ke/elainesteerscoaching)

F A Q

Q: WHAT IS A CERTIFIED LIFE COACH?

A: I ACT AS A SOUNDING BOARD FOR MY CLIENTS TO OBJECTIVELY VIEW THEIR OWN THOUGHTS, I ASK THE RIGHT QUESTIONS TO COACH THEM THROUGH THE DISCOVERY OF THEIR OWN WISDOM AND ULTIMATELY FIND THEIR SOLUTION.

Q: ARE THESE SESSIONS IN PERSON, OVER THE PHONE OR OVER VIDEO?

A: THESE ARE VIRTUAL SESSIONS, EITHER OVER THE PHONE OR THROUGH A ZOOM VIDEO CALL. WHICHEVER THE CLIENT PREFERENCES.

Q: HOW MUCH DOES A SESSION COST?

A: THE COST IS \$25.00 PER SESSION

Q: HOW DO I PAY FOR A SESSION?

A: I ONLY ACCEPT INTERAC E-TRANSFERS AT THIS TIME

Q: HOW DO I BOOK A SESSION?

A: VISIT [CALENDLY.COM/ELAINE-THELIFECOACH](https://calendly.com/elaine-thelifecoach)

Q: HOW IS THIS DIFFERENT THAN THERAPY?

A: TRADITIONAL THERAPY DISCUSSES EARLY CHILDHOOD DEVELOPMENT/ TRAUMAS TO DETERMINE PRESENT REALITIES. LIFE COACHING DISCUSSES YOUR CURRENT THOUGHTS AND HOW YOUR THOUGHTS CAN SHAPE YOUR CURRENT & FUTURE REALITIES.

Q: WHERE DID YOU GET CERTIFIED AS A LIFE COACH?

A: I RECEIVED MY CERTIFICATION FROM THE LIFE COACH SCHOOL IN 2016. [WWW.THELIFECOACHSCHOOL.COM](https://www.thelifecoachschool.com)

Q: WHAT IF I HAVE MORE QUESTIONS?

A: FEEL FREE TO CALL OR EMAIL ME DIRECTLY IF YOU HAVE ANY FURTHER QUESTIONS.

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