



*Huda Al-Qatami, M.Ed., LPC * Licensed Professional Counselor * DHR Approved Clinical Evaluator*

Life Coaching

What is life coaching?

Life coaching is a professional relationship in which a coach helps you identify positive changes you would like to make and personal goals you would like to achieve. By holding you accountable, the coach supports you in making your changes and reaching your goals. Essentially, coaching is about empowering you to make the most of life!

My style of life coaching

My approach to coaching draws heavily upon the principles of mindfulness, eastern philosophy and positive psychology. I also like to throw in a little neuroscience just for fun! Please visit my [website](#) to learn more about my approach.

What you can expect

Our first session will give us an opportunity to get to know each other to see if we are a good fit. This is your time to share your hopes, dreams and goals. My clients are those who are motivated and ready to make positive changes, yet need some help, support, and guidance in making these changes.

How can life coaching help?

Here are some of the areas that I most enjoy helping people with:

- Increasing your overall happiness and satisfaction in life
- Creating more balance in all areas of your life
- Developing a sense of meaning and purpose
- Finding your own spiritual path and practice
- Increasing your confidence in your ability to handle life's ups and downs
- Learning how to live a healthier lifestyle, including exercise and healthy eating
- Being kinder and more compassionate towards people, other beings and our earth

So why do I provide life coaching? Because it is my sincere desire and wish to help people live more mindfully, and to help them create lasting peace and happiness in their lives.