



## SOLUTION-FOCUSED COACHING

### Coaching with C.A.R.E. (Client, Action, Relationships and Empathy)

Feeling lost after a traumatic experience in the family? Ready to get on with life after grieving, accepting and making sense of what had happened? Maybe it's the right time to set some goals and take actions to get going?

Often life's challenges can paralyze and stun us from the momentum of our daily activities. We're unable to concentrate and focus on what's in front of us and go through the motions, with no emotions, as we tell ourselves to just keep going.

**Solution-Focused Coaching**, a simple and yet powerful tool based largely on Solution-Focused Brief Therapy (SFBT), has helped many realized and realigned significance and success in their lives.

Enjoy a **30-min to 1-hour** introductory session\* to start off your journey of renewing, recharging and rediscovering your life's purpose and unleash this wonderful experience for yourself.

\*Often a token coaching fee is required. Terms and conditions apply.

**Feeling stuck, finding  
no drive or purpose  
at work?**

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**Having difficulties  
communicating with  
friends or family?**

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**Not coping well in  
school or at work?**

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**Not sure what next  
steps to take?**

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**Facing challenges in  
finances, time, lost,  
loneliness or health?**

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