

# *Powers Life Coaching*



I believe the challenges of living in America these days has become increasingly stressful for nearly all of us. I further believe this causes each of us, regardless of our sex or age, our racial, political, or spiritual positions to reflect on and clarify our beliefs, priorities and values all the way to the bottom of our souls.

With a BA in Sociology and an MA in **Clinical Psychology**, I have an abiding interest in our inner life and it's outer manifestations into our families, communities and nation. For over 40 years I have been exploring the intersections of our inner and outer lives, the similarities between the micro and the macro. From this experience I offer a life coaching practice that encompasses our spiritual, mental, emotional, physical and relational lives. Using deep inquiry, heart-felt support, relevant research, PSYCH-K® and step by step skill building I facilitate belief shifts, feelings management, spiritual awareness and ability to connect our inner life and outer relations. I look forward to working and laughing with you.

My wife of 39 years, my buddy and yes, my soul mate, Kiernan Powers continues her burgeoning life coaching practice. She offers a variety of services including **PSYCH-K®**, **Dynamic Light and Sound Therapy**, **Quantum Biofeedback**, **Nutritional Counseling toward a whole-food plant-based diet**, and **Chi Nei Tsang**, a Taoist abdominal massage.

Together, Kiernan and I offer relationship coaching. Here, we bring all our personal experience and professional training to bear on facilitating greater awareness and deeper connection for couples. Both of us are in the consulting room offering what we have learned from our struggles and victories. Seeing and working through the veils of miss-communication, recurrent conflict and past conditioning we seek to reveal the authenticity, respect and genuine love that lies within for oneself and one's partner.

We work in person, by phone or on-line. Our fees are on a sliding scale and our scheduling is flexible to meet your practical needs.

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