

SARAH HIRSCH TRANSFORMATIONAL LIFE COACHING

“It doesn’t feel like work. It feels like life.”—Ra’nah B

ONLINE TRAUMA-INFORMED COACHING FOR INDIVIDUALS

As a Certified Coach, I help people navigate growth and change; an internal and external process requiring enormous courage. A relationship of unconditional positive regard allows clients to explore and deepen connection with their inherent wholeness, wisdom, loving authenticity, and agency.

What changes do you want to make?
What’s it costing you to not make them?
What’s stopping you?

LIFE TRANSITIONS ~ GRIEF & LOSS ~ ANXIETY
TRAUMA ~ TAMING INNER CRITICS ~ SELF ESTEEM
HEALTHY RELATIONSHIPS & BOUNDARIES
SPIRITUAL DEVELOPMENT ~ LIFE MEANING/PURPOSE
TRAUMA-INFORMED STABILIZATION TREATMENT (TIST)
NONVIOLENT COMMUNICATION (NVC)
INTERNAL FAMILY SYSTEMS (IFS)
RELATIONAL LIFE THERAPY (RLT)

Please visit my website, SarahTLC.com to learn more and to request a complimentary 30 minute consultation. Or direct email hello@SarahTLC.com

