

- Personal Development Coaching
- Spiritual Development Coaching
- Unconditional Coaching Partnership
- Convenience (phone or in person)
- Flexible Scheduling
- Individual or Group Coaching
- One-on-One or Group Retreats
- Public Speaking
- Workshops & Retreats
- Column Writing/Articles

## BUSINESS SERVICES

### Employee Assistance Program (EAP)

- Domestic Violence / Crime Victims
- Divorce, Family, Working & Intimate Relationship Challenges
- Transitional Challenges
- Personal Growth to Enhance Professional Growth
- Wellness
- Communication
- Available for Inspirational Speaking and Workshops for Groups (i.e. work/home balance)



*"Confidential and Caring Coaching for personal, spiritual, and professional challenges."*

### Our goal is:

**TO SUPPORT**...those as they recreate their rhythm of life.

**TO EMPOWER**...those to make choices fearlessly.

**TO EDUCATE**...those as they move forward in life.

**TO GUIDE**...those disillusioned by organized religion remain faithful in the Spirit.

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## ~WHAT IS COACHING~

Coaching is about life moving forward. It's about changing thinking and behavioral patterns to make needs, wants and dreams come true. It is an investment with a return.

Coaching is about you, in your pace and time. The process helps you help yourself get unstuck, develop, and live the life meant for you to live. It is based on a powerful coach-client alliance that helps clients thrive when they choose to change. A life coach facilitates growth using honed skills and takes a client from functional to optimal.

Some areas in which you may seek out a life coach is in creating healthier relationships, deeper spirituality, career betterment, personal finance, fun and enjoyment, family/parenting,

## ~About Sophia Coaching~

**BIO:** Jean Marie DuHamel graduated from Caldwell College with a BA in Criminal Justice and a Masters Degree in Pastoral Ministry. In 2005, she graduated from iPEC as a certified Life Empowerment Coach under the standards of the International Coach Federation (ICF). She is a columnist, speaker and retreat leader. Jean Marie incorporates her eclectic education and experience to coach those in their quest to transition and transformation.

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## ~BENEFITS~

- Empowerment
- Reaching Goals
- Breaking Through Barriers
- Finding, Using Your Voice
- Liking/Loving Yourself
- Personal Achievement
- Stronger Relationships
- Confidence
- Healing
- Healthier Life Choices
- Improved Communication Skills
- Fearless Living
- Dignity
- Freedom
- Self-Realization
- Identifying and Living Your Rhythm of Life
- Discovering the Spirit



## ~THE MEDIA~

### ON COACHING:

"The personal coach seeks to do for your life what a personal trainer does for your body."

-- **Minneapolis-St. Paul Star-Tribune**

"Coaching gives an average of six times return on investment." -- **Fortune**

"The benefits of coaching appears to win over the most cynical clients in just a few weeks." -- **Industry Week**

"A coach is part advisor, part sounding board, part cheerleader, part manager and part strategist." -- **The Business Journal**

## ~TESTIMONIALS~

"I've experienced first hand two great qualities possessed by Jean Marie. First, she helps me get to the essence of my challenges. Second, she inspires me to develop and commit to the actions I know will quicken my progress beyond those challenges. Both qualities are vital in a great coach; her adeptness with them has helped me move forward on several fronts."  
- Scott T., Texas

"I have been on the self help wagon for the last 20 years. I learned much about myself and humanity through many different avenues. Still, I could not get past certain obstacles. I was left with feelings of frustration and inadequacy. I was fortunate enough to encounter a weekend retreat with Jean Marie. Through love and support, she helped walk me through areas that I was unable to pin point. She left me with the insight and tools to begin living a life with purpose, grace and ease. I ask you, how cool is that?"

- Lucille G., Kinnelon, N.J.