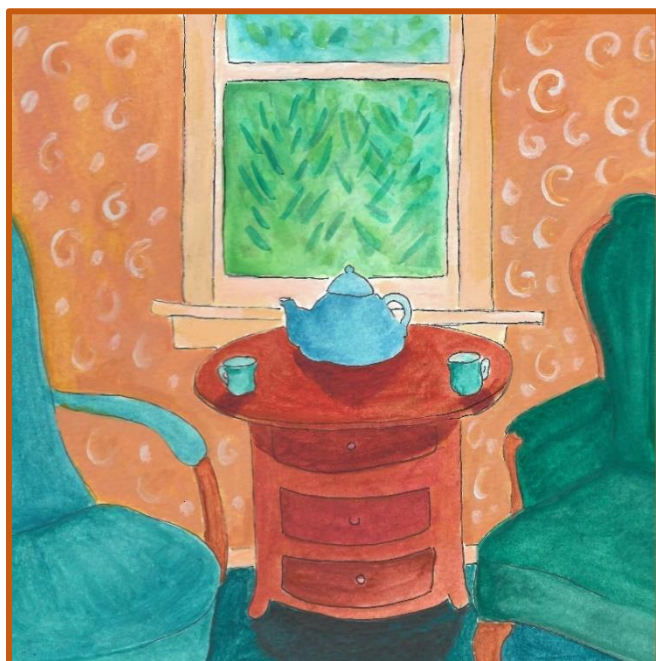


# COACHING



## WHAT IS GENTLE APPROACH COACHING?

This nonjudgmental approach is designed to help you move toward a sense of purpose, meaning, and joy. We work together to foster self-compassion and a sense of safety, and find language, tools, and practices that help you discover and tend your emerging vision.

## WHO IS IT FOR?

Gentle Approach Coaching is best suited to those who are functional in most aspects of their lives, but who feel stuck or held back in some way.

This can include:

- **Clutter Coaching** for those who feel ready to clear some clutter but could benefit from some guidance and support.
- **Transitions Coaching** for those who are navigating a major life change, whether it's perceived as positive or negative. It might be planned or unplanned, a dramatic shift in your circumstances, or a sense that something is shifting inside.
- **Time Coaching** for those who want to come into a more peaceful and compatible relationship with clocks, schedules, and commitments.



- **Creative Coaching** for those who long to develop and sustain a more artful life.

## HOW DOES IT WORK?

Coaching usually occurs two to four times a month, by phone or at my office in Bellingham, WA. You choose what you want to address in each session and how much you work on between sessions. As your coach, I make requests, share reflections, and gently challenge you. A one-hour session includes 45

minutes of direct contact, with a follow-up summary of what we covered, my additional thoughts, and suggested actions.

## JOURNALING

As a certified journal therapist, I often suggest brief writing processes as homework. This can help you access clarity and inner wisdom and clear internal clutter that is blocking the way.

## [CONTACT CAROLYN](#)

*Carolyn has been key in helping me step more fully into my life as a poet. She offers a sense of safety and support so I can ask the big questions: Where do I really want to go? How do I get there? How do I want to live when I arrive?*

—Tina Blade