



ISLC:

LES's Individualized Strategic Life Coaching is designed for each client, attending to their unique strengths, challenges, and needs. Sessions are intended to increase clients' knowledge and skills by providing information, creating a safe practice space, and providing feedback. Using in-session activities, ongoing evaluation of progress, and possible homework, coaches and clients will set, monitor, and revise short and long-term goals.

Individualized Strategic Life Coaching Can Help Navigate:

Financial Stress
 Relationship Issues
 Family Dynamic Stressors
 Career Stressors or Transitions
 Life Transitions
 Communication Barriers
 Communication Skill-Building
 Work/Life Balance
 Coping Skills
 Stress Management
 Analyzing External Influences
 Social Skills
 Managing Emotions
 Retirement Transitions
 Parenting
 Decision-making

Sessions are designed to help clients navigate life's challenges.

Individualized Sessions:

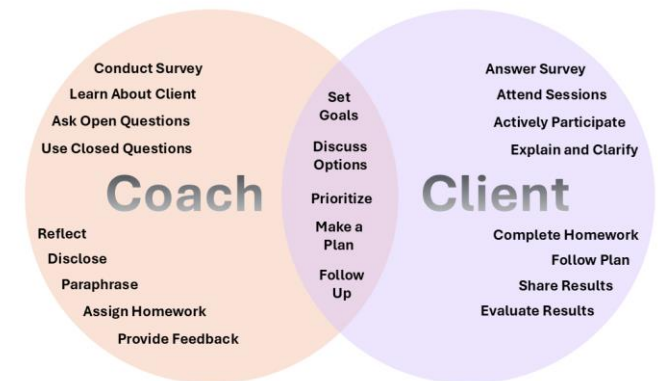
- ◆ 25 Minute Session \$50
- ◆ 55 Minute Session \$100
- ◆ 15 Minute Phone Check-in \$30 (for Established Clients Only)



Life Enhancement Strategies, LLC



Individualized Strategic Life Coaching (ISLC)



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What ISLC is:

Strength-based
Relationship-centered
Designed to be Short-term
Individualized to Client
Culturally Aware
Appropriate for Anyone 18+yrs-old
Delivered by Qualified Professionals
Support Prior to Initial Clinical MH Appt.
Support Between Clinical MH Appts.
An Empathetic, Objective Ear of Support



What ISLC is NOT:

Clinical Mental Health (MH) Therapy
Delivered by Licensed Health Professionals
Crisis Response or Management
Reimbursable by 3rd Party Insurance
Appropriate for Minors (<18yrs-old)
Focused on the Past
Designed to be Long-term

Note: If you need immediate help, please contact the National Mental Health Helpline by calling or texting 988.

What to do Prior to a Session:

- Using succinct, honest responses, complete the initial inquiry survey to the best of your ability.
- Ensure you have a private, secure space for your session.
- Prepare to discuss your life circumstances, identify any problem areas, and think about your direction for future sessions.
- Do not use alcohol or other drugs immediately prior to your session.

Who is ISLC for?

In this busy life full of stressful, ever-evolving challenges, everyone can benefit from having someone to talk to, cry with, commiserate with, and strategize alongside. For some these roles are filled by friends, family, clergy, or other trusted peers. For some, finding someone to fill the roles can be difficult.

Individualized Strategic Life Coaching is one path to an empathetic, objective partner who can devote time and energy to exploring and understanding what challenges exist, explore what has been done to change the circumstances, discover other possibilities and opportunities for change, co-create a plan of action, and co-evaluate results.

Stages of Change:

The Transtheoretical Model (TTM) is a psychological framework that explains how individuals move through different stages of change. Developed by Prochaska and DiClemente in the late 1970s, the current model provides a comprehensive understanding of the change process and offers a roadmap for personal growth.

TTM consists of five stages of change:

Precontemplation: Individuals are not yet considering change and may be unaware of the need for change.

Contemplation: Individuals recognize the need for change and consider pros and cons of making the change.

Preparation: Individuals are ready to take action and start planning for the change. They may set specific goals and develop strategies to initiate change.

Action: Individuals actively implement the planned change, and modify their behavior, thoughts, or environment to achieve their desired outcome.

Maintenance: Once individuals have successfully implemented the change, they work on sustaining the change and preventing relapse.

Prochaska JO, Velicer WF. The transtheoretical model of health behavior change. Am J Health Promot. 1997 Sep-Oct;12(1):38-48.