

Why?

We believe anyone can struggle when dealing with life's challenges. We also believe that the support provided through a non-judgmental relationship with a trusted confidant can help anyone navigate the challenges impeding happiness or success.

We know that not all of life's challenges result from mental health struggles. Some simply require discovering a new way of thinking, feeling, or behaving, talking through the situation, or getting 'unstuck' from the status quo.

We also recognize that some challenges do require clinical intervention. We also know that there is often a gap in services between when someone acknowledges that their challenges or stressors require intervention, seeks therapy, and can receive therapy.

We want to use our gifts with anyone who is struggling to bring hope, navigate their challenges, and increase their quality of life.

How?

We will use our training, experience, and gifts in listening, counseling, coaching, and strategizing, along with the counseling code of ethics.

Connect with us:

By email at
lifeenhancementstrategies@gmail.com

Or visit the website
lifeenhancementstrategies.com.

About us:



Brenda Jennings, MSE, is a licensed school counselor, pupil services administrator, and certified Lymphatic Enhancement Technology (LET) practitioner. She has 25 years of experience as a counselor, coach, project manager, strategist, and servant leader. Brenda is an empathetic, active listener and wants to help people thrive.



Gregg Curtis, PhD, is a trained counselor, counselor educator, and coach with over 30 years of experience in education and counseling across the life span. Gregg is a compassionate, thoughtful problem-solver. He wants to use his knowledge and skills to help people get over, around, through, or beyond any of life's challenges.

Life Enhancement Strategies, LLC



Email:
lifeenhancementstrategies@gmail.com

Website:
lifeenhancementstrategies.com

What we do:

We offer a variety of Life Enhancement Strategies to help you navigate life changes or challenges. You are not alone!

Current strategies include:

- Individualized Strategic Life Coaching (ISLC)
- Lymphatic Enhancement Technology (LET) Therapy

Who can benefit:

Anyone over 18 years old or legal adult can benefit.

We believe in providing equitable access to our services; regardless of gender, race, ethnicity, economic and/or disability status, etc.

No matter what health issues, life challenges, or mental health struggles they are going through.

Core Values:

We focus on building relationships and connections. We use a strengths-based approach that is client-centered and solution-focused. We work together with the client on the present to move forward and find the best solution possible.

Individualized Strategic Life Coaching:

Individualized Strategic Life Coaching (ISLC) 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.

ISLC is:

- Culturally aware
- Client and relationship-centered
- Short-term and strength-based

ISLC is not:

- Clinical therapy or crisis counseling,
- Long-term or focused on the past,
- Reimbursable by third party insurance



Lymphatic Enhancement Technology (LET) Therapy:

Lymph is watery fluid that moves through your lymphatic system. Your lymphatic system helps support your overall health by collecting fluids from your tissues and returning them to your blood. Lymph carries nutrients and proteins to your cells and tissues, while also collecting any harmful substances found in your cells and tissues.

Unlike lymphatic drainage massage, which uses hands-on manipulation of your body, Lymphatic Enhancement Technology Therapy uses light, sound, and electrical energies dispensed through wand-like bulbs to move lymph through the system.

LET therapy is designed to detoxify soft tissue, accelerate lymphatic flow to bolster immune system, and decrease stress in the body. LET helps reduce swelling and congestion in the tissues, which is often a contributing factor to long-term discomfort.

LET can:

- ◆ Drastically improve your immune system.
- ◆ Prevent diseases by detoxifying cells.
- ◆ Reduce swelling and congestion.