



Lynne Angela Santiago, MS, LMHC

Licensed Psychotherapy & Consulting Services

Healing - Growth - Empowerment

Welcome and congratulations on taking this first step toward life change!!!

You have chosen a Life Coaching Package.

Life coaching is unlike psychotherapy in that it does not include analyzing the past or diagnosing psychological disorders*. It recognizes that you are the only expert of your life, able to see what is best for you. As your coach, I help you to explore your options and help you discover what your personal best may be.

We make choices everyday that can make our lives more or less balanced, more or less fulfilling, and more or less effective. While engaged in the life coach process you learn how to create an effective, balanced and more fulfilling life by exploring your choices and learning to make different ones.

You define your goals. I just help you connect your head and heart in ways that can help you realize your dreams and foster the passion you already have within.

As your life coach, I will be available to you through face to face sessions, as well as phone and email check ins. Your package includes three 50 minute face to face sessions, two 15 minute phone check ins, and five email check-ins in a month. "Check-in's" are opportunities for you to clarify things we talked about in session, modify action plans, briefly discuss unexpected obstacles, and review progress.

I'm excited to get started! Please complete the forms below, print and bring to your first coaching session.

And thank you for choosing me to be your coach and join you in this leg of your life's journey!!

Warmly,

Lynne A. Santiago, MS, LMHC

** Keep in mind that because life coaching does not involve diagnosing medical conditions, health insurance does not pay for services.*