

**Who do I coach?**

I accept clients locally and globally. It is understood that our sessions will be conducted only in English. Our sessions will be conducted at a mutually agreed to time. I offer coaching for individuals, couples or families. Coaching sessions are done by telephone or in my office.

**My Areas of Speciality:**

As a success coach, I specialize in a variety of areas:

- Health and Nutrition
- Weight Management
- Living successfully with Chronic Diseases
- Work-Life Balance
- Building Successful Relationships
- Personal Development