

Drifting Dana

"I'm so busy... but I don't feel like myself anymore."



WHAT SHE'S THINKING/FEELING

- Feels disconnected from her own goals and identity
- Life feels routine, uninspired, or like it's passing her by
- Struggles to balance what she has to do with what she wants to do

WHAT SHE REALLY WANTS

- Rediscover her passions
- A life that feels like hers again
- Courage to make a change

HOW COACHING CAN HELP

- Creates space to rediscover her values and passions
- Helps her reconnect with what makes her feel alive
- Supports her in making realistic, energizing change