

Therapy Starting Point

FOR INDIVIDUAL ADULTS

Throughout your therapy journey, you may explore different areas of focus. Choose a starting point, and we'll revisit this focus as you work toward achieving your goals.

HOW IT WORKS:

- **Choose Your Focus:** Identify the area you'd like to work on first, or mix and match based on your goals.
- **Personalized Coaching Plan:** Together, we'll create a coaching plan that aligns with your unique needs.
- **Ongoing Support:** As you grow, we'll refine the plan to ensure continuous progress and success.

Stellar Self-Confidence



For individuals looking to boost self-esteem and belief in their abilities.

Focus on:

- Overcoming self-doubt and negative self-talk.
- Building confidence in personal and professional settings.
- Setting and achieving small goals to grow self-worth.

Stellar DeStress

For those who want to handle stress and anxiety more effectively.

Focus on:

- Developing relaxation and mindfulness techniques.
- Managing overwhelm through time and task management.
- Identifying and reducing stress triggers in daily life.

Stellar Personal Growth



For individuals looking to discover their passions and purpose.

Focus on:

- Defining life goals and setting actionable steps.
- Exploring strengths, values, and passions.
- Breaking free from limiting beliefs and comfort zones.



Stellar Work-Life Balance

For those seeking better harmony between career, personal life, and self-care.

Focus on:

- Time management strategies to balance work and personal life.
- Prioritizing self-care without sacrificing productivity.
- Creating boundaries to protect your time and energy.



Stellar Goal Setting

For those who need help defining and achieving their personal or professional goals.

Focus on:

- Clarifying short- and long-term goals.
- Creating actionable steps and accountability systems.
- Building habits that support ongoing success.

Stellar Mindset Shift

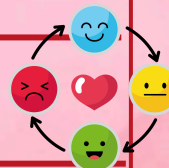


For individuals aiming to develop a positive, growth-oriented mindset.

Focus on:

- Shifting from a fixed mindset to a growth mindset.
- Embracing challenges and failures as opportunities for learning.
- Cultivating gratitude and resilience in daily life.

Stellar Emotions



For individuals focused on emotional health and processing emotions.

Focus on:

- Learning to identify and manage emotions effectively.
- Developing emotional intelligence and empathy.
- Creating healthy coping mechanisms for difficult emotions.

Any Goals Welcomed:

Don't see something you want to work on? No problem! You're more than welcome to bring any personal goals or challenges to the table. I'm here to help you tackle whatever's most important to you, so feel free to make this journey completely your own.