



## Golder Goldstein

Associate Certified Coach

Certified Human Potential Coach

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Coaching is all about connection.

Choosing the right coach for you comes down to chemistry.

Personal growth can be hard and sometimes it can get a little messy. You want a coach who gets you, shares your sense of humor, and makes you eager to commit to the process.

My work is deeply rooted in the core values of Connection, Growth and Passion. I believe transformation happens little by little...and all at once. Change is constant. Our *stuckness* moves us forward, even if you can't always see it. Embracing change with commitment and intent sets things in motion, opens doors, and creates opportunities.

Coaching helps you choose, create and hone the mindset necessary to bring the best you have to offer to face life's changes. I'll meet you where you are. I bring the guidance you need to envision what's next in life and the support to take steps forward in creating sustainable positive change.

### Areas of focus:

One of my strengths as a coach is my versatility. I help clients:

- overcome anxiety, depression, stress, overwhelm and burnout
- deal with hardships
- improve relationships
- optimize effectiveness in the workplace
- navigate life and career changes and transitions
- find clarity about their values and a greater sense of meaning and purpose
- envision and take steps into their desired future.

### Session Pricing

**(before 15% WCMS Member Discount)**

**\$125**

### Sessions

Phone, Zoom and in person

*Please contact me directly via phone or email to set up a free consultation.*