

HOW CAN LIFE COACHING HELP YOU?



Life coaching is flexible and fits your specific needs and schedule



Life coaching provides you with a coach who believes in your capabilities and provides encouragement and motivation.



Life coaching can help you learn new life skills and follow through with your specific goals



Life coaching helps create positive and lasting change in your life



Life coaching can provide you with referrals to social services including mental health, English classes, legal referrals, clothing and food resources, and more



Life coaching provides a bridge between you and the community



PAIRWN provides free life coaching to immigrant and refugee women who at one time experienced sexual abuse, domestic violence, or stalking