



PSYCHOTHERAPY
CONSULTATION
WORKSHOPS
LICENSED CLINICAL SOCIAL
WORKER, LCS 14447

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COACHING on FLIRTING and DATING

Coaching provides expertise, structure and a process of inquiry and personal discovery for clients to take action to realize goals and desires.

ASSESSMENT

Current experiences, abilities, skills, specific blocks.

TOOLS

Define and clarify available tools; explore what tools are downplayed or hidden.

EDUCATION

Normalize, validate, reframe, challenge assumptions and projections.

FRAMEWORK

Take risks, be vulnerable, be open, try things differently even when you resist, understand core psychological themes.

GOALS

Specific, achievable, tailored.

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