



jennawaitcoaching.com

**LET'S TALK
LIFE COACHING**

Modern-day Medicine

LIFE COACHING IS FOR INDIVIDUALS WHO CHOOSE TO COMMIT TO LONG-TERM GROWTH.

Those who choose to engage in the JWPC Coaching Journey can expect to look at both the interpersonal and intrapersonal dynamics of the human experience. It is for anyone who is willing to invest in the vision they have for themselves.

Bringing a refreshing perspective to the self-help industry, the JWPC Coaching Journey offers individualised, one-on-one coaching that overlaps and applies a combination of techniques from a variety of modalities. More specifically, life coaching, executive coaching, psychology, and counselling. Since most clients arrive feeling “sick and tired,” have exhausted all other options, and don’t know how to get themselves out of the hole they find themselves in, it is promising to share that these same clients often describe their sessions as “better than therapy,” a comment I enjoy regularly.

OUTCOMES YOU CAN EXPECT:

- / Enable you to manage obstacles constructively
- / Build a better work-life balance
- / Cultivate greater self-discipline and self-regulation
- / Gain clarity on your strengths and goals
- / Improve your vitality and energy
- / Unlock your purpose and life meaning

LIFE COACHING CAN BE USED AS MODERN-DAY MEDICINE FOR ANYONE WHO NEEDS IT. WITH PROFESSIONAL GUIDANCE, IT REACTIVATES THE AUTONOMY IN EVERY INDIVIDUAL TO HELP THEMSELVES.

PERFECT FOR:

Ambitious entrepreneurs /
Growth-minded individuals /
Multi-hyphenate creatives /
Solopreneurs and working moms /

THE JWPC COACHING JOURNEY

We will spend 4-6 months working towards your desired goals, with each phase tailored to your individual needs and life circumstances.

WHAT ARE THE BENEFITS?

Coping styles /	Motivation and clarity /
Stress management /	Self-awareness /
Decision-making /	Emotional intelligence /
Mindset shifts /	Confidence and self-esteem /
Communication skills /	Improved professional habits /
Interpersonal growth /	Improved personal habits /

ABOUT JENNA WAIT

As a professionally trained counselling psychologist and life coach, I specialise in teaching individuals how to help themselves. I have been coaching for over a decade in various industries, namely SME development, career coaching, and competitive sports. This is accomplished by employing tried-and-true techniques that teach clients how to cultivate an empowered growth mindset through the development of healthy habits.

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**BOOK YOUR
DISCOVERY
CALL TODAY.**

The purpose of JWPC is to help people envision and unlock their fullest potential, assisting each individual to reawaken to their expansive capacity and autonomy.



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