



Life Coach Program

Brenda J. Trulear, a Certified Professional Coach (CPC), is a seasoned expert in her field. With a wealth of experience, she has trained individuals desiring to become Certified Life Coaches. In addition, she coaches individuals and families. Her training through the Fowler International Academy of Professional Coaching and her decades of teaching Life Coaches speak to her credibility. She also holds a JD degree, further enhancing her understanding of the human experience.

A Life Coach aims to assist clients with relational, spiritual, emotional, mental, physical, and financial growth. We do so without judgment or criticism by navigating through bearers and life's challenges that keep us from moving forward and achieving our goals. With the assistance of the Life Coach, you discover your passions, prioritize, and organize steps to reach your desires, dreams, and goals. We also assist with challenges involving prioritizing and balancing life, enriching relationships with spouse, children, career, or making time for spiritual growth. I can help if you need motivation to move forward with an idea, plan, business, or difficult life decision. Whether the concerns are regarding relationships, spouses, children, careers, finances, spiritual issues, or a professional decision, I am trained to help. Making decisions to propel clients forward toward their life's goals can be confusing and complex; however, as a professional life coach, I provide exploratory questions (because instinctively, clients know how to resolve challenges, but emotions, fear, and opinions of others, etc. often cloud one's ability to make the right decisions). I provide positive encouragement and affirmation to assist you with discovering strategies and making plans to move forward using step-by-step procedures. Weekly accountability strategies help to motivate you to move forward to achieve your goals. The fee for a 45-minute session is \$75. Contact me today either by phone (202) 427-1214 or via text.