



Stacy K. Waltman

Professional Life Coach

541 | 383 | 3228

How it Works: **By Stacy K. Waltman**

Once a week clients, who live all over the world, telephone me for our 45-minute coaching session. Through our coaching dynamic, values are re-discovered and relating versus controlling communication tools are practiced.

Homework is assigned to reinforce new skills and reading is required to deepen your learning.

This is fun, challenging and awe-inspiring work. Coaching is not therapy. We rarely delve into the past or spend time on what clients don't want. Instead we focus on the life my clients want to lead.

This process requires that both coach and client have deep commitment, trust, compassion, confidentiality and honest communication.

The result of doing this dynamic work is the ability to live an authentic life – with happiness. Please visit the testimonial page for additional insight into coaching with [Stacy K. Waltman](#).