

## COACHING

## COUNSELING

## WORKSHOPS

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Carrie is a warm, caring person with a zest for life. These attributes and her sincere interest in her clients have culminated in 15 years as a successful counselor. She has helped countless individuals, couples, and families to realize their aspirations, and to effectively triumph over many of their greatest challenges. Through workshops and counseling she has been a patient and enthusiastic teacher, coaching and guiding people to accept and successfully master life altering transitions. A licensed, clinical social worker, she also conducts training for businesses and professionals.

Some of her many workshops include:

- 1) Communication Skills
- 2) Forming Healthy Relationships
- 3) Rebuilding Relationships/Rebuilding Your Life
- 4) Marriage Preparation and Remarriage
- 5) Divorce Recovery
- 6) Step Parenting
- 7) Childhood Issues
- 8) Bereavement
- 9) Life Transitions
- 10) Depression, Anxiety, and other personal issues
- 11) Spirituality
- 12) Aging and Saging
- 13) Motivational Skills
- 14) Lessons in Love
- 15) many others