



Personal Empowerment Coaching For Adolescent Girls

Have you ever wished there was another place, a safe place, in addition to home and school, for your daughter to talk about what's on her mind and figure out her life? Do you worry sometimes about your daughter and cliques, mean girls, and peer pressure? Does she have the necessary skills for stress management and good decision making? Do you sometimes think she needs an adult who understand her, but is not a parent or teacher?

Coaching might be the answer!



All human beings benefit from have a safe place to talk about their thoughts and feelings and figure out the next steps. Dr. Norrine Russell, Developmental Psychologist, offers "Personal Empowerment Coaching" for Adolescent Girls, which is a six-session personal coaching experience focused on:

- Self-esteem
- Peer relationships
- Inner strength
- Stress management
- Decision making
- Authenticity

Customized topics are available by request. The cost is \$299 for the six sessions.

These coaching sessions are scheduled at your family's convenience, in one of three locations (Carrollwood, South Tampa, University Area), and are designed to provide your daughter opportunities for personal growth.



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