Written by Julie Desmond
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Sometimes, all somebody needs is a leg up. Kids, parents, work, laundry… Women today face a long list of challenges. Many have overcome the setbacks of divorce, mental illness, substance abuse or poverty. Finally ready to move forward and put the past behind them, these courageous women may find closed doors at every turn. Fortunately, an organization exists that offers women the encouragement and support that can help them move from “Ready” to “Successful.”

I first heard about One to One: Women Coaching Women, from a friend who is also a coach in the program. She said, “We never have a waiting list, and we should.” One to One’s mission is to enable women to “achieve sustained success by creating the life of their dreams” through free one-to-one life coaching. Targeting its services to women from challenging social and economic backgrounds, One to One provides an upbeat, affirming relationship where a struggling woman’s hopes can be translated into “practical, realistic and actionable life plans.”

The life coaching provided by One to One is directed specifically at those women best positioned to benefit. Participants must be motivated to have bigger lives, however they personally define that. It might be a better career, better home life, better relationships; they just have to be motivated to set goals. They must also be committed to reaching those goals, committed to moving forward in their lives. And they must be able to demonstrate that they have had some success in the past, that they are capable of succeeding in the program.

Finally, and importantly, One to One coaching is for those women who absolutely could not afford life coaching services on their own.

One to One Coaching is not therapy. These coaches believe their clients are the experts on their own lives and guide them to reach the goals they set for themselves. Through 26 weekly phone sessions, trained life coaches listen to their clients and provide feedback and support while staying committed to client’s agenda.

According to one client, “It feels like you have a best friend, cheerleader, mom and pastor all rolled into one person, committed to helping you get where you want to go in your life.”

Empowered and confident, a woman who gets great life coaching can be a source of change for herself, her family, and her community.

If you or someone you know is ready to move forward in life, consider becoming a client at One

to One: info@onetoone.info or call (205) 969-1223 for more information.

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