



Coaching is about helping people to identify the obstacles that keep getting in their way, assisting them with finding motivation, and pinpointing any resistance to change. A life coach is a broad term. You can also find business coaches, executive coaches, leadership coaches, and health coaches, but a life coach is typically most helpful when you're thinking about your overall future.

Ashanti Enterprises Life Coaching helps people progress in their lives to attain greater fulfillment. We aid our clients in improving their relationships, careers, and day to day lives in order to reach the goals they have set for their future.

A Life Coach is not a therapist. A therapist looks at your past to help you manage your present. A coach looks at your present to help you create the future you desire.

Six Session Special

Individual sessions are typically \$50 per hour.

However, we offer a six-session special:

When you contract with AE for 6 sessions, the charge is \$200.

You can start with the first 3 sessions for \$100, then complete the other 3 for \$100 and apply as needed.

With the six-session special you would save \$100.

