

Counseling & Coaching Children, Teens, Adults, Families

ADD/ADHD

Anger Management

Anxiety Disorders

Career/Life Transitions

Stress Management

Depression

CXC - SBA & IA Management

Lifestyle Management

Grief and Forgiveness

Self-Mutilation

Addictions

Sleep Disorders

Divorce Recovery

Post-Traumatic Stress Disorder

Our Mission

To create powerful partnerships which passionately and competently bring healing and resolve to the past while conquering the future!

Contact us

Schedule an individual or group session, workshop or seminar:

Phone: 876-486-6725

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Live Free

Coaching & Counseling Services

.....restoring joy, inspiring hope

LFC

Coaching

Coaching is designed to help adolescents and adults achieve more success in life. Coaching helps individuals do the following important tasks:

- Recognize strengths and weaknesses
- Set and achieve realistic goals
- Create structures to meet deadlines
- Improve financial management skills
- Improve organization and time management
- Improve self-talk and self-observation
- Handle the details of daily life
- Develop an improved outlook on life
- Communicate more effectively

Student Success

Student Success coaching can give any tween, teen, or college student the skills needed to successfully develop a systematic and structured approach to problem-solving that benefits them for a lifetime. This approach is a partnership where students acquire executive functioning skills, develop accountability, and over time, take charge of their success.

Solutions For Living.....

Counseling

Professional Counseling utilizes research-based techniques that helps families, children, adolescents, adults and couples struggling with anxiety, anger management, depression, grief, self-mutilation, ineffective coping skills, poor stress management, unhealthy relationships and poor self-esteem. Counseling will help individuals to understand and resolve problems, modify behaviour, and make positive changes in their lives.

Parenting Success

Parenting Success coaching is a research-proven process designed to increase parental knowledge and understanding of parent-child relationships and the effects on behavior while teaching parents structured behavioral management techniques designed to lead to less stress and more harmony within the family. Parents with tweens and teens benefit from advanced approaches that consist of systematic teaching and application of specific skills which utilize evidence-based problem-solving techniques.

Our Founder & Director

Karen McGibbon MAPPCC, CCL
Psychotherapist, Life Coach



Services include:

Professional Counseling
Professional Coaching
Parenting Success Coaching
Student Success Coaching
Pre-Marital & Marital Counseling
Health & Wellness Coaching
Psychological Evaluation