

# Life Coaching will help you reach your Epic Self

**(Chesterfield, MO)** Many people seek a life coach when facing a major change in their lives, and need help navigating certain aspects such as taking on a new career path, or



*Epic Rep Care provider*

moving from your hometown. In certain occasions, however, people turn to life coaches for help in building a happier, more meaningful life. A life coach is a type of wellness professional advisor who helps people make progress in their lives in order to attain greatness fulfillment, improving their relationships, day-to-day lives and activities, careers, and so more.

Life Coaches can help you clarify your goals, identify obstacles that are holding you back, and help you build strategies that can help you overcome these obstacles. By creating these strategies, your untapped skills can be targeted. Life coaches help you make the most of your strengths, and provide you the support needed to achieve long-lasting success.

At Epic Empowerment, we work with several wellness professional advisors that are willing to help our youth reach their epic self, while working on setting attainable goals, improve their intrapersonal relationships, and have an overall healthy, happier successful life. Epic Empowerment understand how overwhelming thinking and planning for the future can feel, but we want to help by providing our youth with excellent care and advise, to help them navigate through these hardships.

Life Coaching is not only for setting goals and professional development, they can also help in specific areas such as - but not limited to - irritability, high levels of stress/anxiety, lack of fulfillment in social life, dissatisfaction at work and a sense of blocked creativity. If you are interested in knowing more about our life coaches, and what options we have to help our youth facing hardships, please visit our website or contact us through our e-mail [media@epicempowerment.org](mailto:media@epicempowerment.org)



17795 Wild Horse Creek Rd • Chesterfield  
(636) 300 - 9000  
[epicempowerment.org](http://epicempowerment.org)