

# ASPIRE COUNSELING AND CONSULTING

## OUR MISSION

ASPIRE COUNSELING & CONSULTING'S MISSION IS TO INSPIRE OUR CLIENTELE TO ASPIRE TO THEIR FULLEST POTENTIAL WITHIN THEIR COMMUNITIES, RELATIONSHIPS, WORKPLACES AND SCHOOLS.



ASPIRE COUNSELING AND CONSULTING  
134 BROAD STREET • SUITE 7  
STROUDSBURG, PA 18360

Designed by : LOGONOMICS, LLC Call us toll-free at : 1-888-584-LOGO

# LIFE COACHING

## HOW TO TAKE STEPS TOWARDS

## YOUR FUTURE... TODAY



ALL MAJOR CREDIT CARDS ACCEPTED



# LIFE COACHING

*“Life coaching or personal coaching programs assist clients in overcoming blocks to setting and achieving goals. Therapy is generally more concerned with a client’s past, working through trauma, emotional distress, etc. **COACHING IS NOT THERAPY.** Coaching is generally concerned with the present and the future - determining clear goals, defining what the client will do to achieve those goals and keeping them on track until they reach their goals.*

*The demand for personal coaching has increased as people live longer and seek to find more meaning in their lives. As the world becomes more and more competitive, individuals seek extra support to turn their dreams into realities. Life coaching is no longer exclusive to high-end executives, celebrities or athletes. In this accelerated world, coaching programs have become widely accepted and sought after.”*

*(GROW Publications 2008)*

IF YOU ARE AN  
INDIVIDUAL WHO IS:

GOAL DIRECTED

SOLUTION FOCUSED

COMMITTED TO COMPLETING A  
PROGRAM GEARED TOWARDS  
FULFILLING YOUR LIFE’S  
AMBITIONS AND READY TO MOVE  
TOWARDS YOUR GREATNESS...

## WE CAN HELP WITH:

FINDING LIFE  
BALANCE

CAREER  
ENHANCEMENT

INCREASING  
PERSONAL  
ACHIEVEMENT

QUALITY LIFE  
IMPROVEMENT

GOAL SETTING  
AND  
PERFORMANCE

*... AND MORE!*

THE FACE OF  
ASPIRE COUNSELING  
AND CONSULTING

Angel E. McLaughlin, M.A., MEd., LPC, CBIS-T

CEO / Founder



CALL TO SCHEDULE A  
1/2 HOUR FREE PHONE  
CONSULTATION

*WE ACCEPT: PERSONAL CHECKS, E-CHECKS  
AND MAJOR CREDIT CARDS*

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AND CONSULTING

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*SIGN UP ONLINE FOR  
OUR FREE MONTHLY  
NEWSLETTER!*

*VISIT US AT:  
WWW.ASPIRECOUNSELINGLLC.COM*