

Stellar Life Therapy

ROADMAP FOR FAMILIES

Pick Your Family Focus:

HOW IT WORKS:

- **Choose Your Focus:** Identify your family's top priority. You can start with one area or address multiple at once.
- **Tailored Coaching Plan:** We'll create a plan that targets your family's specific needs and goals.
- **Ongoing Support:** As your family grows, we'll adapt the plan to ensure continued progress.



Stellar Parenting Style

For parents looking to refine their approach to discipline and child-rearing.

Focus on:

- Understanding how parenting styles impact behavior.
- Creating consistent and healthy boundaries.
- Positive reinforcement and discipline strategies.

Stellar Child Well-Being



For families focused on nurturing their child's emotional and social development.

Focus on:

- Identifying family roles and expectations.
- Establishing consistent routines and structure.
- Improving cohesion through shared goals and values.

Stellar Family Communication



For families struggling with communication and conflicts.

Focus on:

- Understanding how parenting styles impact behavior.
- Creating consistent and healthy boundaries.
- Positive reinforcement and discipline strategies.



Stellar Co-Parenting

For parents navigating co-parenting or joint decision-making.

Focus on:

- Aligning co-parenting strategies and decisions.
- Managing differences in discipline and values.
- Creating a unified front for your child's well-being.



Stellar Daily Routine

For families looking to streamline their day-to-day activities.

Focus on:

- Creating structured daily routines for balance.
- Managing school, activities, and family time.
- Ensuring downtime for relaxation and bonding.



Stellar Family Connection

For families who want to nurture their bond and enjoy more quality time.

Focus on:

- Strengthening the emotional connection between family members.
- Creating meaningful traditions and shared activities.
- Fostering respect and love through consistent family time.

Stellar Family Structure

For families seeking to improve overall structure and dynamics.

Focus on:

- Identifying family roles and expectations.
- Establishing consistent routines and structure.
- Improving cohesion through shared goals and values.



Any Goals Welcomed:

Don't see something you want to work on? No problem! You're more than welcome to bring any personal goals or challenges to the table. I'm here to help you tackle whatever's most important to you, so feel free to make this journey completely your own.

Stellar Life Therapy

ROADMAP FOR COUPLES

Pick Your Team Focus:

HOW IT WORKS:

- **Choose Your Focus:** Pick the area that matters most to your relationship, whether it's communication, trust, or something else.
- **Personalized Plan:** We'll create a custom coaching plan to address your unique needs and goals.
- **Ongoing Support:** As you grow together, we'll adjust the plan to keep you moving forward.

Stellar Intimacy



For couples looking to reignite or deepen their emotional and physical connection.

Focus on:

- Building emotional intimacy through vulnerability.
- Enhancing physical intimacy and understanding desires.
- Re-establishing connection during difficult times.

Stellar Communication



For couples seeking to improve how they talk and listen to one another.

Focus on:

- Active listening techniques.
- Understanding and expressing emotional needs.
- Conflict resolution without escalating arguments.

Stellar Conflict Resolution



For couples who struggle with managing conflicts and resolving disagreements.

Focus on:

- Understanding each partner's conflict style.
- Using problem-solving frameworks to resolve issues.
- Learning to move forward after disagreements without resentment.



Stellar Trust

For couples looking to rebuild trust or strengthen their commitment.

Focus on:

- Identifying areas where trust may need to be rebuilt.
- Creating action plans to demonstrate reliability and integrity.
- Strengthening the foundation of your long-term relationship.



Stellar Teamwork

For couples looking to enhance their teamwork and daily collaboration.

Focus on:

- Defining roles in household and relationship responsibilities.
- Collaborating to solve practical life issues (finances, chores, etc.).
- Approaching life's challenges as a supportive team.

Stellar Life Goals



For couples who want to align their long-term goals and dreams.

Focus on:

- Discussing and aligning individual and shared life goals.
- Setting realistic timelines and plans for personal and joint growth.
- Balancing relationship responsibilities with individual pursuits.

Stellar Friendship



For couples who want to nurture the friendship aspect of their relationship.

Focus on:

- Rebuilding fun and lighthearted connection through shared activities.
- Deepening emotional intimacy by learning more about each other's interests and thoughts.
- Making time to laugh and enjoy life together.

Any Goals Welcomed:

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ROADMAP FOR ADULTS

Pick Your Focus:

HOW IT WORKS:

- **Choose Your Focus:** Identify the area you'd like to work on first, or mix and match based on your goals.
- **Personalized Coaching Plan:** Together, we'll create a coaching plan that aligns with your unique needs.
- **Ongoing Support:** As you grow, we'll refine the plan to ensure continuous progress and success.

Stellar Self-Confidence



For individuals looking to boost self-esteem and belief in their abilities.

Focus on:

- Overcoming self-doubt and negative self-talk.
- Building confidence in personal and professional settings.
- Setting and achieving small goals to grow self-worth.

Stellar DeStress

For those who want to handle stress and anxiety more effectively.

Focus on:

- Developing relaxation and mindfulness techniques.
- Managing overwhelm through time and task management.
- Identifying and reducing stress triggers in daily life.

Stellar Personal Growth



For individuals looking to discover their passions and purpose.

Focus on:

- Defining life goals and setting actionable steps.
- Exploring strengths, values, and passions.
- Breaking free from limiting beliefs and comfort zones.



Stellar Work-Life Balance

For those seeking better harmony between career, personal life, and self-care.

Focus on:

- Time management strategies to balance work and personal life.
- Prioritizing self-care without sacrificing productivity.
- Creating boundaries to protect your time and energy.



Stellar Goal Setting

For those who need help defining and achieving their personal or professional goals.

Focus on:

- Clarifying short- and long-term goals.
- Creating actionable steps and accountability systems.
- Building habits that support ongoing success.

Stellar Mindset Shift

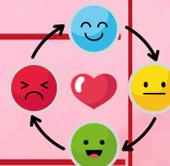


For individuals aiming to develop a positive, growth-oriented mindset.

Focus on:

- Shifting from a fixed mindset to a growth mindset.
- Embracing challenges and failures as opportunities for learning.
- Cultivating gratitude and resilience in daily life.

Stellar Emotions



For individuals focused on emotional health and processing emotions.

Focus on:

- Learning to identify and manage emotions effectively.
- Developing emotional intelligence and empathy.
- Creating healthy coping mechanisms for difficult emotions.

Any Goals Welcomed:

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