

Therapy Starting Points

FOR FAMILIES

Throughout your therapy journey, you may explore different areas of focus. Choose a starting point, and we'll revisit this focus as you work toward achieving your goals.

HOW IT WORKS:

- **Choose Your Focus:** Read over the following options and identify your family's top priority.
- **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.

Therapy Starting Points

FOR COUPLES

Throughout your therapy journey, you may explore different areas of focus. Choose a starting point, and we'll revisit this focus as you work toward achieving your goals.

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.

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FOR INDIVIDUAL ADULTS

Throughout your therapy journey, you may explore different areas of focus. Choose a starting point, and we'll revisit this focus as you work toward achieving your goals.

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

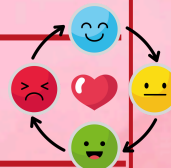


For individuals aiming to develop a positive, growth-oriented mindset.

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.

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Therapy Starting Point

FOR EDUCATORS

Created by a former educator, Stellar Life Therapy understands the multifaceted nature of teaching and is here to help you not only regain your love for the classroom but also find joy and fulfillment in your role as an educator. Our sessions are tailored to your needs, focusing on key areas to support your personal and professional growth:

- Managing Stress and Burnout: Learn actionable techniques to reduce overwhelm, handle the daily demands of teaching, and restore your energy. This includes strategies for setting healthy boundaries, creating work-life balance, and finding moments of calm amidst a busy schedule.
- Building Resilience and Confidence: Strengthen your ability to overcome challenges, adapt to change, and believe in your capacity to succeed in and out of the classroom. We'll focus on fostering self-assurance and empowering you to handle difficult situations with grace and positivity.
- Processing Professional Experiences: Work through emotions tied to classroom management, work-life balance, or other teaching-related concerns. Whether it's navigating tough interactions with colleagues or students, dealing with performance pressures, or finding purpose in your role, these sessions provide a safe space to reflect and grow.
- Cultivating Personal Growth: Develop a deeper understanding of your unique strengths, values, and goals. Learn how to thrive both in your career and beyond by exploring your passions and redefining what success means to you. Together, we'll create a roadmap for achieving your personal and professional aspirations.

At Stellar Life Therapy, we believe in empowering teachers to rediscover their passion for teaching and create a more joyful and meaningful connection with their work. Let us partner with you on this transformative journey.

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FOR EDUCATORS

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Managing Stress and Burnout

For educators seeking practical ways to reduce overwhelm and restore energy.

Focus on:

- Learning actionable techniques to handle daily teaching demands.
- Setting healthy boundaries and creating a sustainable work-life balance.
- Finding moments of calm amidst a busy schedule.



Processing Professional Experiences

For educators ready to work through teaching-related emotions and challenges in a supportive space.

Focus on:

- Reflecting on classroom management, work-life balance, and professional pressures.
- Navigating tough interactions with colleagues or students.
- Finding purpose and fulfillment in your teaching role.



Building Resilience and Confidence

For those who want to strengthen their ability to overcome challenges and embrace personal and professional growth.

Focus on:

- Developing the tools to adapt to change and face challenges with confidence.
- Fostering self-assurance and handling difficult situations with grace.
- Empowering yourself to succeed both in and out of the classroom.



Cultivating Personal Growth

For those aiming to thrive in their career and beyond by exploring their passions and redefining success.

Focus on:

- Discovering your unique strengths, values, and aspirations.
- Building a roadmap for achieving both personal and professional goals.
- Thriving in your career while creating a fulfilling life outside the classroom.

Elevate Your School's Team Dynamics

Sound
Interesting?
Share with your
school's
principal

WITH STELLAR LIFE THERAPY'S PROFESSIONAL DEVELOPMENT WORKSHOPS AND REBOOT PROGRAMS!



Teaching is one of the most rewarding yet challenging professions, and maintaining a supportive and collaborative school environment is critical to success. Stellar Life Therapy is here to **help schools build thriving teams through tailored professional development workshops and comprehensive programs** designed to *foster collaboration, address conflicts, and create an environment where educators can truly flourish.*

Professional Development Workshops

Our workshops are perfect for schools looking for focused solutions to address key challenges or enhance team dynamics. Choose the format that best suits your team's needs:

- **Single Workshop (90 minutes to 2 hours):** \$900
 - Ideal for schools seeking a one-time, targeted session on topics such as effective collaboration, conflict resolution, or creating a positive workplace culture.
- **Workshop Series (3 sessions over a semester):** \$2,400
 - Gain ongoing support with this multi-session series designed to tackle multiple topics and provide sustained skill-building over time. Perfect for professional development initiatives.
- **School Workshop Series (12 sessions over a semester):** \$8,000
 - Designed for workshops across grade-level teams, this series is tailored to your school's unique needs.

Reboot Program: Full-Time Team Dynamics Support

Transform your school's work environment with our full-time support options, providing ongoing guidance, observation, and facilitation to keep your team on track.

- **Schools with Up to 5 Teams:** \$14,000 per 9 weeks. Includes up to 15 Empowered Planning Workshops (3 per team) and 12 hours of on-site observation across all teams.
- **Schools with Up to 10 Teams:** \$26,000 per 9 weeks. Includes up to 30 Empowered Planning Workshops (3 per team) and 20 hours of on-site observation across all teams.
- **Schools with Up to 15 Teams:** \$38,000 per 9 weeks. Includes up to 45 Empowered Planning Workshops (3 per team) and 30 hours of on-site observation across all teams.
- **Schools with Up to 20 Teams:** \$50,000 per 9 weeks. Includes up to 60 Empowered Planning Workshops (3 per team) and 40 hours of on-site observation across all teams.

Why Choose Stellar Life Therapy?

Our programs are rooted in proven strategies designed to improve workplace dynamics, strengthen collaboration, and foster a culture of mutual respect and support. Whether you're looking for a single impactful session or a year-long partnership, Stellar Life Therapy is here to help your educators thrive—because happy, supported teachers create the best environments for student success.



Get Started Today!

Let's transform your school's culture together. Visit stellarlifetherapy.com or call 210-294-6274 to schedule your professional development workshop or learn more about the Reboot Program!