



## Life Coaching Program

Our aim of the Life Coaching Program is to provide clients with motivating and fulfilling experiences that will allow them to reach their life goals. We do this by educating our clients, through empowerment, empathy, and the tools necessary to create a better life for themselves. This process is combined with our Life Coaches' exceptional communication and leadership skills, which has enabled many people to achieve their life purpose.

***"Not everything that is faced can be changed,  
but nothing can be changed until it is faced"***

***James Arthur Baldwin***





## About the Life Coaching Program

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S.W.I.M's Life Coaching Program addresses the client's whole life. Our program involves four parts: Discovery, Exploration, Experience, and Action. The Life Coaching Program consists of 2 steps.

- The first step of the program is the Life Skills group workshops. It consists of six workshops, each held on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month, which will run for 3 months in total. The workshops are led by life coaches and focus on practical goal-setting, awareness building, and exploring perspectives that can help participants live more fulfilling lives.
- The second step allows women who completed the Life Skills workshops to participate in individual Life Coaching sessions. This program offers 2 sessions per month for 3 months with a Life Coach. During these appointments participants will work on personal goals to further shape their lives.

To register for S.W.I.M's Life Coaching Program, please call or e-mail with your contact information, or drop by our office.



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