## Life Coaching

Age Requirements 18 and over Available 24/7 No **Documents Required** Call for details Other Eligibility Criteria Serves children, adolescents and adults. Family No **Intake Contact** Elise Stevenson Intake Process Phone for appointment Intake Contact Telephone (540) 727-0770 **Provider Refer** Yes **Report Problems** Call the Agency Self Refer Yes Chrysalis Counseling Centers, Inc. Main (540) 727-0770 605 North Main Street 22701 VA **United States** Monday: 9:00 am-5:00 pm Tuesday: 9:00 am-5:00 pm Wednesday: 9:00 am-5:00 pm Thursday: 9:00 am-5:00 pm

Friday: 9:00 am-5:00 pm

Saturday: Closed Sunday: Closed Additional Availability Comments Call for appointment times. Fee Structure Call for Information Payment Method(s) Private Pay Languages Spoken English

Chrysalis Counseling offers Life Coaching to help people resolve current and past issues and to identify the power within themselves. In so doing people are empowered to transform their lives and to experience the joy that comes from healthy, balanced living and realizing one's fullest potential.

In a coaching relationship the coach and the client work together to develop a plan and a strategy that accelerate the client's movement forward towards the established goal. The emphasis in coaching is on the present with an eye to the future and taking incremental steps towards those goals that are aligned with one's values.

Service Area(s) Culpeper County , Fauquier County , Louisa County , Madison County , Orange County , Rappahannock County Email Email form is available on the website.