

Excerpt from Devon Fleming's Pink Book

Getting Help from Professionals

Coaching - often referred to as "Life Coaching" - has evolved over the last several years to become a resource for us to turn to when addressing personal or professional challenges that we face. Unlike a therapist whose focus is on diagnosing and treating the problem, a "coach" serves to provide you with objective advice, counsel and coaching to accelerate your action towards resolving the personal or professional challenge at hand. A coach helps you to develop a personalized action plan, and then is your "cheerleader" to stimulate your continued steps and action to resolve the situation. A coach can help with a personal or professional-related challenge.

One "life coach" in this area that I have repeatedly heard great things about is Suzanne Douglas Harris. Ms. Harris' warm and encouraging personality, coupled with her outstanding personal and professional credentials, has enabled her to help several area residents take action to resolve their personal and professional life challenges. Her practice located at 40 Richards Avenue in Norwalk, is reachable by phone at (203)852-6532 X2803, or by email at sh@sharriscoaching.com. Her website, www.sharriscoaching.com, does a better job at explaining the benefits of a life coach.