

## Services

At Change for Good Coaching, LLC, our coaches offer many types of coaching services to meet your unique needs and goals, including...

- Personal life coaching
- Career Coaching
- Life Transitions Coaching
- Work/Life Coaching
- Small Business Coaching
- Parent Coaching
- Life Enhancement Coaching
- Retirement Coaching
- Relationship Coaching

The majority of our coaching sessions at Change for Good Coaching, LLC are done over the phone, weekly, and are typically scheduled for 40 or 60 minutes. No matter where you live, if you have access to a phone, you can work with one of our coaches! Face-to-face life coaching can also be arranged at our Pleasantville, New York offices at The Center for Change. Your first 30 minute, no obligation, sample life coaching session is absolutely free! If you decide to continue working with one of our life coaches at Change for Good Coaching, LLC payment will be expected one month in advance. If you are not satisfied with your life coaching services, we will refund your money for any unused session time. Emails, faxes and brief phone contacts are used by many of our life coaches in between sessions to help their clients maximize the likelihood of the successful attainment of their goals. Your life coach will customize these services according to your goals. At Change for Good Coaching, LLC we offer both individual and group tele-coaching. Group tele-coaching sessions are arranged by conference calls for clients who share similar interests and life goals. Please call us at 914-762-3980 or email [info@changeforgoodcoaching.com](mailto:info@changeforgoodcoaching.com) for more information or to sign up for a free "sample" life coaching session or any of our other services.