

What is a Life Coach?

People who have a Life Coach are usually successful in many areas of their lives. However, they may choose to have a coach who encourages them to challenge themselves to move towards their ideal life. In the twelve years that Christy Helou has been a Life Coach, she has been committed to fostering a healthy, nonjudgmental environment for her clients.

A Life Coach is a professional who can assist and support you in defining and achieving your goals in life. This professional is trustworthy, attentive, insightful, objective and sensitive to the perceived needs of the client. The Life Coach provides feedback in order to help the client determine what he/she is seeking to identify in his/her life.

Christy Helou
724 York Rd., Suite 2B
Towson, MD 21204

Christy Helou

Life Coach



www.cheloulifecoach.com

Life Coaches may help in the following areas:

Testimonials from clients

To schedule an appointment, or to learn more about life coaching, contact Christy:

410-256-4096

or

lifecoach@cheloulifecoach.com

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Towson, MD 21204

Relationships: Problems in relationships can be a hindrance to creating strong bonds with others. Learn to “open the door” and reach your desired relationship with your loved ones.

Self-esteem: Rid yourself of the negative mindset and beliefs that hold you back by regarding yourself in a positive light.

Grief: Manage and cope with the loss of a loved one or deal with unexpected life events.

Weight/Body Image:

A holistic approach to improving health and fitness by learning to respect your body by fulfilling its nutritional/physical needs.

Christian Awareness/Growth:

Understand your faith on a deeper level: support in strengthening your faith and your spiritual path; accountability to yourself based on scriptural teachings and values.

“Christy has been my Life Coach for over nine years. She has helped me see what I wouldn’t have seen on my own. She has been a great sounding board over the years. She has helped me see my talents, potentials and how to deal with life’s challenges. I highly recommend her as a superior Life Coach.” **Barbara, Maryland**

“Christy has truly been a Godsend to me. Her approach is no-nonsense, succinct, insightful and compassionate. She has provided me with a mirror, attached to a compass with which to see and navigate life, allowing me to make clear and more sound judgments. My years of therapy and medication have not even come close to making as much sense or impact as having Christy as my life coach has. I highly recommend her skills...from anyone who needs help with making a decision, to overcoming addiction, or someone dealing with a complex dysfunctional past.” **Norma, Maryland**

“Christy is more than willing to offer wisdom from her own life experience. She has a nonjudgmental attitude and is refreshingly honest and direct. She asks just the right questions to assist in probing your own mind for the answers to living the life you most want. I always look forward to our talks.”

Kathy, Maryland