

*Want greater energy and focus?*

*Struggling to integrate healthy habits?*

*Need help rebuilding your health and well-being?*

*Yearning for that better version of you?*

Sara LaForest,  
a compassionate  
and talented  
coach and agent  
of positive change  
to guide you  
through your  
journey.





Sara's coaching is a powerful discovery-and-change process that uses cognitive, emotional and behavioral practices to help you achieve your health and well-being goals.

You will develop greater optimism, learn to leverage your strengths, manage life's stresses more effectively, form meaningful relationships that foster your positive core, and energize focus for action steps that move you closer to your goal.

With her coaching, you will learn to elevate your self-awareness, build emotional and relational intelligence skills, construct positive habits in self care, gain greater self confidence, and formulate physical and mental habits for better energy, health and well-being.

Sara's coaching is rooted in best practices from a scientific and evidence-based foundation, including the Institute of Coaching Professional Association: A Harvard Affiliate, and WellCoaches.®

Begin  
the  
Journey  
Contact Sara today!

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