

Now Let's Get There



Which
program will
you choose?

**You're Ready For
Positive Change**



Mission

Established in 2005, the Women's Center of Greater Lansing The Women's Center is dedicated to helping women realize their potential, support each other, achieve economic self-sufficiency, and develop emotional and physical well-being, regardless of income level.

Contact Us

(517) 372-9163
womenscentergl@gmail.com
1710-1712 E. Michigan Avenue,
Lansing, MI 48912

Pricing

1 Session: \$75
16 Sessions: \$999

Getting started in your change process

Present this
coupon when
booking your
first session to
receive a
discount!

30% off

Before making a
commitment, we are
offering a
Free Consultation
to better understand the
program!

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Balance

Organization, Motivation, Time Management; working with you in areas that bring more balance, happiness and success into your life. You might work to improve aspects of your life such as stress management, self-esteem, work/life balance and interpersonal skills.

Relationships

Focused on helping you create more successful relationships in your life. Your goal may be to improve communication, create a more loving connection, increase intimacy - we will work with you to develop the relationships you crave.

Career

Creating positive strategies to find a job you love; guiding you to obtaining skills, finding work-life balance and choosing the right career.

Self-Discovery

Discovery is a broad coaching area based more on getting you in harmony with your nature; this area could be mindfulness and breathing work, spirituality.

Finance

You and your coach will look at your current financial system, explore where you want and need your finances to be and develop an individualized plan unique to you.

Self-Care

Finding deliberate ways to self-initiate the fulfillment of your own needs.

Choose Your Coaching Academy Programs

Balance

Relationships

Career

Self-Discovery

Finance

Self-Care

Education

Nutrition

Confidence

Parenting

Self-Identity

Creativity

Education

Creating positive strategies to find an educational path that will lead to a career you love. Your coach will work with you in narrowing the path and selecting an education curriculum that will lead to the career or personal enrichment.

Nutrition

Helping you create strategies to improve your wellbeing. Whether your goal is losing weight, getting in shape, or managing an illness- we offer ways to reduce stress and increase your vitality.

Confidence

Helping you overcome any blocks in your ability to express yourself clearly and confidently with favorable and lasting impressions. Assisting you to meet or exceed in self- worth & self-esteem.

Self-Identity

Exploring what makes you "you"? Through an evaluation of your personal attributes, needs, values, habits, emotions, interests, hopes and dreams, we assist you in defining and creating your own personal road map.

Parenting

Family coaching will help you to work toward creating healthy, happy, nurturing family dynamics. You may work on improving communication, dealing with conflict or strengthening family ties. Helping you to develop your own resources.

Creativity

Creativity & Art tapping into your inner creativity. Explore your artistic self.