



## LIFE COACHING RESOURCES

### **What is Life Coaching?**

Coaching is an action-oriented and goal-focused processing tool that helps to create new awareness leading to new actions. With your life coach, you will examine your goals, see the obstacles in your way, and find solutions that help you go beyond. Coaching effectively connects your head, your heart, and your faith in a way that transforms your passions into action. Therapy focuses on the past where coaching is looking to the future!

Below is a list of local life coaches. They are recommended, not endorsed, by Lakeside Church.

Lakeside is willing to help pay for your first session. If you are interested in getting help in this area, please email our Care and Connections Pastor at [care@lakesidechurch.com](mailto:care@lakesidechurch.com). All life coaches on this list are faith based, but by state law are required to not discuss their faith unless you ask.

### Folsom

#### [Doyle, Megan](#)

Licensed Life Coach (CACLC)

Specialty: Single Moms

Phone: 408-818-0367

Email: [megandoyle65@hotmail.com](mailto:megandoyle65@hotmail.com)

✓Free 30-minute consultation

### El Dorado Hills

#### [Lanman, Trisha](#)

Licensed Life Coach (CACLC)

Specialty: Marriage, Blended Families, Female Emotional Growth

Phone Number: 916-792-3776

Email: [tlanman74@gmail.com](mailto:tlanman74@gmail.com)

Specialty: Individuals, Children, Families

#### [Jackowitz, Dan](#)

LMFT and CACLC (Licensed Life Coach)

Specialties: Addiction, Anger Management, Men's Issues. Client Focus: Men, Teens, (14+), Couples

Phone Number: 650-275-2141

Email: [danjcounseling@gmail.com](mailto:danjcounseling@gmail.com)

✓Currently teletherapy only