

Eradication Wellness Life Coaching

Thank you for your interest in Eradication Wellness Life Coaching Services! 🌸😊

I understand that being qualified to give advice in a therapeutic setting usually requires an advanced degree or licensing; however, there is a major difference between a therapist and a life coach. Therapists are problem-focused, finding the root of the issues and mental illness diagnosis. Life coaches are solution-focused, finding solutions to the issues that you already know. A life coach is there as a guide, almost like a confidential friend that you can confer and exchange ideas for solutions. Life coaches can provide useful resources if you are in need of professional intervention. Additionally, life coaches are not required to have any coaching certification to practice since it does not deal with the diagnosis of a mental or medical issue.

Now that we've established what a life coach is, now we can get into what makes me qualified:

- I am certified in Psychological First Aid, which means I am trained to aid in natural disasters to assist people on the right path out of that disaster. Additionally, this certification comes in handy as a life coach as if a person isn't sure where the issue lies, then I can help them find their way by linking them with proper contact.
- I am currently a 4.0 student in a Master's Psychology degree program with plans on moving right into the doctorate program in Summer 2023. 🧑🎓 I do have plans to attain certification as soon as possible; it's pricey which is why I am working now.
- Additionally, I write blogs about mental wellness and how to cope with certain issues. I hold a monthly virtual support group in which anyone can attend and share, and I hold weekly Instagram lives which cover various mental health topics. 📝📺📖✍️

Essentially, my career as a life coach is focused on providing my clients with a tailored approach to life improvement. The client is the boss as long as they tell me what they need, and we can find a strategy to help them get into their groove.

Now that we've covered that, do you have any other questions? I'll be happy to help in any way.

