



**ABOVE AND BEYOND
COMMUNITY
CLASSES, INC.
PRESENTS:**



via Zoom or In-Person

LIFE COACHING

with Masters Level Coaches

Using principles of Life Coaching, this interactive class offers Masters-level trained coaching to assist students in identifying their goals and the resources and pathways that would support achievement of these goals. Areas of focus can include identifying community-based opportunities and events to participate in that align with relational and engagement goals, highlighting student gifts and areas of interest while teaching specific techniques such as the SMART Goal Method, assertive dialogue and time-management tips. Coach and student determine a weekly meeting time of 30 mins in-person at our Hauppauge location or via Zoom.

(Revised 2/16/2023)

\$360.00 FOR 8 SESSIONS:

SPRING I: 3/1 - 4/25 OR

SPRING II: 5/1 - 6/26

To register, email: chawkins@buexperience.org

More info & instructors' bios @

<https://www.abcommunityclasses.org>

Open to the public, all are welcome!

Via Zoom or @ 150 Motor Parkway, Hauppauge, NY