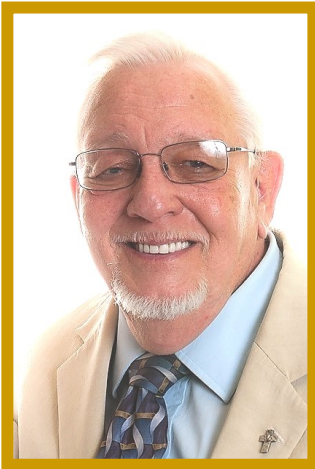


Coaching Can:

- ◆ Help you clarify where you want to improve your life.
- ◆ Assist you in making choices with the intention of becoming who you want to be.



Rob Rozsay BC BC

Supervisor/Ministry Leader
Breaking Free Center

We are a ministry of wounded healers.

The purpose of the Breaking Free Ministry is to strengthen the spiritual and social fabric of our community.

Our goal is that through Bible Centered Counseling or Life Coaching, We can help people understand that they can make choices that will change their lives, and build stronger relationships with God, themselves, and others.

Breaking Free Center
A Ministry of The Reformed Church of
Bushkill
5969 Milford Road
East Stroudsburg, PA 18302-9136
570-688-8199
<http://breakingfreerecoverycenter.com>



Breaking Free



Life Coaching

At Breaking Free
Our Life Coaches are
Dedicated to our motto:
“Getting You
Where
You Want To
Be”

FAQ

***What is a life coach?**

A life coach is someone who will work together with a client to assist in discovering solutions to particular issues.

***In what areas of my life can I be coached?**

You can be coached in any area in which you are having difficulty getting clarity or difficulty making choices.

***Is coaching only for Christians?**

Anyone can be involved in Life Coaching, although our model is based on Christian principles.

***Is coaching confidential?**

All coaching is strictly confidential.

***How long must I be coached?**

Coaching continues as long as necessary to resolve the client issue(s).

***What does coaching cost?**

Cost is determined on a case by case basis. An initial session is provided free of charge.

***How do I arrange to be coached?**

Simply call Breaking Free and request an appointment.

A life coach does:

Assist their client to make decisions/choices through reflection and feedback of the client's own thoughts and provide helpful tools to make the process work.

A life coach does not:

Tell their client what choices to make or insert opinions that will influence the client's own decision making process.

Our Trained Life Coaches

Linda Gittens



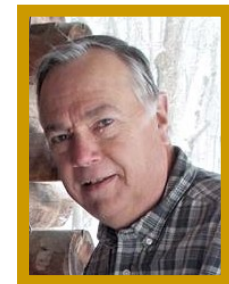
- Family/Parenting, Spiritual
- Life Direction, Adolescent/Teens

Maria Romero -Tomba



- Finance/Budgetting
- Health Issues

Steve Schoonover



- Finance/budgeting
- Leadership