

Siouxzy

✂ SUNDHEIM ✂

COACHING FOR A BETTER LIFE



I HELP PEOPLE MAKE THEIR LIVES A LITTLE EASIER, MORE BALANCED, MORE FULFILLING; JUST A LITTLE BIT BETTER. WE ALL HAVE STRUGGLES IN OUR LIVES AND SOMETIMES WE NEED A LITTLE BOOST TO FIND OUR WAY THROUGH. LET ME HELP YOU DEVELOP STRATEGIES TO DO JUST THAT.

*A Different Way
Can Begin Today!*

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✂ AREAS OF FOCUS ✂

LEARNING CHALLENGES

MAXIMIZING YOUR STRENGTHS
UNDERSTANDING HOW YOU LEARN
MAKING SENSE OF YOUR ED/PSYCH EVALUATION
USING WHAT WORKS FOR YOU
DOING BETTER IN SCHOOL
LEARNING TO STUDY WITH GREATER EASE
LIVING WITH ADD OR OTHER OBSTACLES

TRANSITIONS

ADJUSTING TO THE CHANGES
DEALING WITH DEATH, LOSS
LETTING GO
SETTING BOUNDARIES
MANAGING DIVORCE
GETTING WHAT YOU NEED
GETTING WHAT YOU WANT

ORGANIZATION

DECIDING WHAT'S IMPORTANT
STRUCTURING YOUR LIFE
SETTING GOALS
MANAGING YOUR TIME
SIMPLIFYING YOUR LIFE
USING A PLANNER/CALENDAR



SOMETIMES, IT'S ABOUT THE NORMAL & NATURAL BUMPS OF LIFE.

SOMETIMES, IT'S ABOUT NOT HAVING THE SKILLS NEEDED TO NAVIGATE SPECIFIC HURDLES.

SOMETIMES, IT'S ABOUT HOW INDIVIDUAL BRAINS WORK.

SOMETIMES, IT'S ABOUT TRULY UNDERSTANDING WHAT ONE IS ABLE TO DO WELL AND NOT SO WELL, AND ACQUIRING STRATEGIES TO PILOT THROUGH MORE DIFFICULT CHALLENGES.

SOMETIMES, IT'S ABOUT NEEDING A LITTLE EXTRA HELP TO GET FOCUSED AND HEADED BACK IN THE RIGHT DIRECTION.

M.ED. SPECIAL EDUCATION

B.S. PSYCHOLOGY

B.S. SPECIAL EDUCATION

UNIVERSITY OF UTAH

✂ CERTIFIED LIFE COACH ✂