

TOGETHER, WE WILL:

EXAMINE THE PRESENT
UNDERSTAND AND ACCEPT
INDIVIDUAL STRENGTHS
AND SHORTCOMINGS
IDENTIFY CURRENT
CHALLENGES
DEVELOP STRATEGIES TO
NAVIGATE OBSTACLES
PRACTICE SOLUTIONS THAT
WORK BEST FOR EACH
INDIVIDUAL.



"BEFORE WORKING WITH SIOUXZY,
OUR SON DIDN'T LIKE SCHOOL, HE
HARDLY EVER STUDIED AND HE
WAS ABOUT TO GET KICKED OUT OF
BOARDING SCHOOL. HE JUST
GRADUATED FROM A GREAT
COLLEGE AND SAYS HOW EASY IT
ALL BECAME ONCE THEY FIGURED
IT OUT. SHE IS GREAT!"

MR. B.

"SIOUXZY HELPED ME UNDERSTAND
THAT (MY SON) WASN'T JUST LAZY. SHE
SHOWED HIM HOW TO USE WHAT HIS
BRAIN DOES DO EASILY, TO DO BETTER
IN MATH AND READING."

MR. A.

"YOUR HELP WAS GREATLY APPRECIATED.
YOU ARE AMAZING, THANKS SO MUCH."

GRACE C.



I HAVE BEEN A SPECIAL
EDUCATOR FOR MANY YEARS,
WORKING WITH YOUTH TO HELP
THEM UNDERSTAND THEIR
PARTICULAR LEARNING
STRENGTHS AND WEAKNESSES.

I HAVE A GIFT FOR HELPING
PEOPLE FIGURE OUT WHAT ISN'T
WORKING FOR THEM AND GUIDING
THEM TO FIND STRATEGIES TO
HELP MAKE THINGS BETTER.



M.ED. SPECIAL EDUCATION
B.S. PSYCHOLOGY
B.S. SPECIAL EDUCATION
UNIVERSITY OF UTAH
CERTIFIED LIFE COACH



SIOUXZYS@COMCAST.NET

970 379-7389

WWW.SIOUXZY.COM

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.





SOMETIMES, IT'S ABOUT THE NORMAL AND 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 FOCUSSED AND HEADED BACK IN THE RIGHT DIRECTION.



❧ Areas of Focus ❧

LEARNING CHALLENGES

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



ORGANIZATION

MAKING THINGS MANAGEABLE
STRUCTURING YOUR LIFE
SETTING GOALS
SIMPLIFYING YOUR LIFE
USING A PLANNER EFFECTIVELY



TRANSITIONS

DECIDING WHAT IS IMPORTANT
ADJUSTING TO THE CHANGES
LETTING GO
DEALING WITH DEATH OR LOSS
MANAGING DIVORCE
SETTING BOUNDARIES
GETTING WHAT YOU NEED
GETTING WHAT YOU WANT

I WORK WITH:

STUDENTS
TEACHERS
YOUNG ADULTS
PARENTS
PEOPLE IN TRANSITION
ANYONE WRESTLING A CHALLENGE



I CAN COME TO YOU, YOU CAN COME TO ME, OR WE CAN MEET SOMEWHERE IN BETWEEN. SESSIONS CAN BE IN PERSON, VIA PHONE, OR VIA INTERNET.

WE CAN SET UP SESSIONS:

DAYS
EVENINGS
WEEKENDS

THE FIRST THIRTY MINUTE CONSULT, BY PHONE OR IN PERSON, IS NO CHARGE. THEN, MY FEES ARE \$75-\$200 PER HOUR, PLUS EXPENSES.

*A Different Way
Can Begin Today*