

## **Life Coaching**

Age Requirements

18 and over

Available 24/7

No

Documents Required

Call for details

Other Eligibility Criteria

Serves children, adolescents and adults.

Family

No

Intake Contact

Elise Stevenson

Intake Process

Phone for appointment

Intake Contact Telephone

(540) 727-0770

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Chrysalis Counseling Centers, Inc.

Main

(540) 727-0770

605 North Main Street

22701 VA

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: 9:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Call for appointment times.

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Chrysalis Counseling offers Life Coaching to help people resolve current and past issues and to identify the power within themselves. In so doing people are empowered to transform their lives and to experience the joy that comes from healthy, balanced living and realizing one's fullest potential.

In a coaching relationship the coach and the client work together to develop a plan and a strategy that accelerate the client's movement forward towards the established goal. The emphasis in coaching is on the present with an eye to the future and taking incremental steps towards those goals that are aligned with one's values.

Service Area(s)

Culpeper County

,

Fauquier County

,

Louisa County

,

Madison County

,

Orange County

,

Rappahannock County

Email

[Email form is available on the website.](#)