

Christian Life Coaching

My approach to Christian life coaching sessions combines traditional talking and goal setting practices with a unique blend of short Christian meditation sessions, Christian reading recommendations, and recommendations for Christian or practical activities to pursue, which deepen the experience for the client and enhances the overall growth process. Sessions are tailored specifically to the individual needs of the client, empowering each client to develop their inner resources more fully and increasing their self-confidence and ability to navigate through the many challenges of their daily life from a foundation of faith in God.

To schedule an appointment with me click [here](#).

Testimonials

After experiencing a new-found closeness to Christ during Joy's Meditative Prayer courses, I found myself wanting to go even deeper - to get even closer to Jesus. Joy's individual sessions were the answer for me. Her gentle guidance in a one-on-one environment brought me to a place I had never experienced before. It was as if I was walking with Jesus in Israel 2,000 years ago. I have never felt closer to Christ in my entire life.

Let Joy lead you to a closeness with Christ you never thought possible.

Gary C, Arlington Heights

I have taken Joy's meditative prayer classes and met with her individually. Meeting with Joy for individual sessions allowed me to go deeper into my own personal issues and faith. Joy is very warm, engaging, intuitive, and open. She listens to where you are and meets you there to try to help you move forward in your life using meditation and other techniques. I saw a psychologist for many years and found that incredibly helpful. Although Joy is not a psychologist, she brought unique perspective to our sessions by combining therapy and my Catholic faith. She gave me helpful meditations to do on my own as I was going through some tough times in my life. She was a big help on my journey! Much thanks, Joy!

Sarah M, Arlington Heights

With grace, wisdom and understanding Joy has given direction to my soul as I move forward on my sober and spiritual journey. I have met with Joy in individual

sessions and have participated in several of her Meditative Prayer Courses - both have brought me closer to Christ and have shown me who I am as a child of God. I am grateful for Joy's God-given ability to discern for me new ways of practicing prayer and meditation that so beautifully refresh, renew and restore my soul. Thank you Joy so very much!

Nikki B, Buffalo Grove

CONTACT INFORMATION
3601 Algonquin Road, Suite 850,
Rolling Meadows, IL, 60008,

USA
[224.315.9507](tel:224.315.9507)