Dogs act without ego and can tune into our innermost being. We are able to provide a certified therapy dog, Hershey who can assist you in growing and mastering your mind, body, and soul with your coaching experience.

**What Along Side You has to offer**

- Help with low Self esteem
- Help with feeling worthy
- Is your mind focused on too many things at once? Are you not able to focus your mind?
- Is your life path working for you? How can we change it so it is?
- Power of Intention
- Negative Self Talk
- Grounding techniques
- Coping Skills
- Career Change
- Setting healthy boundaries
- Are you feeling stuck? How can we change that? How can you overcome that fear?
- Working with grief and how you can keep moving forward. What does your life look like now without your loved one?
- Working with highly sensitive people.

Ready to start? Please contact me to schedule an appointment.

Sharon Connour  
480-409-7638  
alongsideyou@yahoo.com