

Life Coach - Anne Lizak



Services

My focus with every client is to assist them in building life skills and self-confidence in their own abilities. We work together to accomplish the goals the clients set for themselves. When working with others I start from a point of mutual respect for one another, focusing on strengths and building from there.

For the past ten years I have been assisting individuals (youth, adults, senior citizens) by providing in-home non-medical assistance and life skill development. I can offer help in learning daily living skills including but not limited to: grocery shopping, cooking, laundry, light housekeeping, household management and basic money skills. I am always open to discussing additional skill sets, topics as well as specific goals or projects.

Rates

Meetings can be set for a single event, weekly, bi-monthly or monthly occurrence in the home of the client or at a public location. For coaching services a sliding fee rate is available with proof of income. If you choose not to offer proof of income rates are \$50.00 per hour.

Please contact me 513-917-5118 (voice/text) or email amlizak@gmail.com so I can answer any questions. A thirty minute in-person/online meeting or phone call can be scheduled for no fee.

	0-1 Dependent	2-5 Dependents	6+ Dependents
<\$30,000	25.00	20.00	15.00
\$31 - \$50,000	30.00	25.00	20.00
\$51 - \$70,000	35.00	30.00	25.00
\$81 - \$90,000	40.00	35.00	30.00
\$101 - \$110,000	45.00	40.00	35.00
\$111,000 and above	50.00	45.00	40.00