



EXPERTISE

Certified Life Coach

INTRODUCTION

Vanessa is a highly motivated, passionate, and detail-oriented individual who is a certified life coach, entrepreneur, and owner of Chesapeake Nannies. She brings 10+ years of business ownership, customer service and management experience. During sessions with Vanessa, you can expect to set a specific goal or perhaps gain an understanding of what you want to change in your life, uncover the obstacles that have been holding you back, and help teach you new skills and strategies to get better results. You will speak about what has happened since your last meeting and any goals you would like to set yourself for the upcoming period.

Vanessa completed her life coach training with the Life Purpose Institute (a top-rated coaching school affiliated with the International Coach Federation).

Through her personal struggles and life experiences, Vanessa discovered the importance of personal development, spirituality, gratitude, and self-confidence.

Her focus and passion are helping others thrive and reach their full potential, coaching people through career, life transitions, relationship, health, and wellness. She helps clients gain clarity of what they want, challenging them to stretch beyond their comfort zones to build their confidence, and define their path by guiding them through transformations that bring greater happiness and meaning to their lives. Vanessa will motivate, encourage, empower and most of all help individuals reach their full potential in life.

SERVICES OFFERED

- Life Coaching

MAKE AN APPOINTMENT

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