



### WHAT CLIENTS HAVE TO SAY:

"Rena's supportive, non-judgemental approach has changed the way I deal with crisis in my life."

~ Ralph S.

"I cannot express how life changing my work with Rena has been. She gave me the tools to rebuild a relationship most would deem irreparable. I've never felt so whole, so appreciative, and so present."

~ Stacy P.

"I worked with a therapist for three years and it was very helpful but I found coaching with Rena to be much more practical and with quicker results. My relationship with my children has improved drastically."

~ Trevor M.

"Rena changed my perception on life. Her coaching empowered me to take the plunge and change my job and trust myself more as a mom, wife and professional."

~ Chelsea S.

"Rena is worth her weight in gold! She has helped me so much solo parenting a teen!"

~ Cathy L.



**When we *feel* better, we do better**

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## EMOTIONAL INTELLIGENCE COACH, TRAINER & SPEAKER

### Why Coaching?

So many people are struggling right now—mentally, emotionally, and relationally—and wait lists for mental health professionals add to this crisis. Though some people do best with a therapist, many clients do transformative work with a life coach. Rena's coaching is designed to get to the heart of the matter quickly, and to provide reliable tools and practices to move people towards their desired outcomes, both personally and professionally.

### About Rena

- Wayfinder Life Coach, trained and certified by best-selling author Dr. Martha Beck  
~Rena helps her clients get clear on how they really feel in their lives, where they want to be, and how they can get there.
- Divorce Coach, trained and certified by the College of Divorce Coaches  
~Rena supports individuals as they tackle the challenges of separation, divorce, and coparenting.
- IFS-Informed Coach, trained by Internal Family Systems  
~ Rena uses the powerful methods of Internal Family Systems to help her clients resolve internal conflict and suffering.
- Mindful Schools graduate  
~Rena has been trained to deliver mindfulness lessons to kids and teens. She is an approved vendor with the Edmonton Public School Board.

*Phone, email, or visit Rena's website to book a free consultation.*

