



WHAT IS COACHING?

Coaching centers on the present, partnering with clients to foster personal and professional growth through self initiated change. We help clients identify their own strengths and use that power to create a desired future through action oriented strategies.

Is Coaching a fit for you?

Are you feeling...

Stuck
Overwhelmed
Unmotivated
Indecisive
Exhausted

Are you...

Not meeting your full potential
Busy but not productive
Unbalanced with demands of work, family and personal needs
Grieving your old life
Feeling alone

Do you desire...

Clarity
Direction
Support
Accountability
Insight

OFFERED IN
ENGLISH &
ESPAÑOL

Meet our coaches



Jess Johnson

“We offer 30 minute free consultations in person or virtual and can serve you from anywhere!”



Aline Beyhaut



bethesda counseling services

C O U N S E L I N G & C O A C H I N G

Pricing Guide

\$110

Life Coaching

\$110

Health Coaching

\$150

Parenting Coaching

\$150

Couples Coaching

\$205

Business Coaching

Bundle Price Discounts

6 sessions at 5%

8 sessions at 10%

10 sessions at 15%



SCAN TO SCHEDULE A FREE CONSULTATION TODAY!

*Sessions are 60 minute long and are not covered by insurance

240-225-0522 / contact@bethesdacounselingservices.com /
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