



Dana Hamman

Coaching is a great way to break through the barriers of life and its challenges to a new way of thinking. Our goal is to help you create your very best possible life by uncovering the things that hold you back. My goal is to help those who need to "re-strategize" certain areas of their life so that they can experience a richer and more fulfilling life. Whether you are a graduate of the Boot Camp or just looking for growth, coaching is a great place to find new possibilities for your future. If you're ready to take the next step, email us for more information and a coach will contact you!

Dana



SERVICES AVAILABLE

- **GROUP COACHING - *NEW***
Specialized topical intensive courses that will help jump start your goals and address the issues you face.
- **INDIVIDUAL COACHING**
Foundation Coaching offers various programs to meet your needs either in person or via the phone.
- **COUPLES COACHING**
Strengthen your relationship.
- **SPECIALTY COACHING:**
Family projects
Divorce mediation
Teen and parent problem solving
Financial
Career Transition

Foundation Coaching.... WORKS FOR YOUR LIFE

Foundation Coaching is an organization that was initially created for graduates of The Life Enrichment and Marriage Boot Camps. For many of our clients, coaching offers a continuation of the Boot Camp experience where they are challenged to complete a process of healing. For others, it's a place to work on goals, life changes and discovering potential.

Foundation Coaches are a team of forward thinking coaches who are all graduates of the Boot Camp as well as seasoned seminar facilitators or trainers.

When you are ready to open up the potential in your life:

Foundation Coaching 214-295-8289 or by email:

info@foundationcoach.com

WWW.DANAHAMMAN.COM