

# Renew Coaching Support

## Individualized Support

Our individualized coaching services are designed to provide insightful, timely and quality support for a variety of circumstances. We are focused on assisting individuals and families in attaining the support and fulfillment they desire.

## Our Services

At Renew, we specialize in services for individuals and families, including:

- Parental Support
- Phase of Life Transitions
- Relational Enrichment
- Couples Fulfillment
- Emotional Reconnection
- Social Influence
- Leadership Effectiveness
- Identity Development
- Self-Esteem Promotion
- Relational Skills/Adaptation
- Aptitude Attainment
- And More!



## How We Do It

Our coaching services are tailored to the unique goals of those we serve. Renew coaching is dynamic and assertive, with activities and assignments designed to integrate progress into daily living. We deliver our services in person, over the phone or via video conferencing.

## About The Facilitator

Each of our facilitators hold an advanced degree in the field of human services and are adept at relational rapport and influence. Our passion is assisting individuals and families with the goals and aspirations they desire. We individually assign our facilitators based upon the unique goals and needs of each of our clients.



**Renew**  
Relationship Counseling

**Contact Us Today!**

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# Renew Coaching Support

## **Coaching At Renew**

Our coaching services are designed to provide insightful, timely and quality support for a variety of circumstances. We are focused on assisting clients in attaining the fulfillment they desire, with services tailored to the unique goals of those we serve. We deliver our services in person, over the phone, or via video conferencing. Each of our facilitators hold an advanced degree in the field of human services and are adept at relational rapport and influence.

## **Coaching Is Not Therapy**

Coaching is not therapy and is not intended as a substitute for formal therapeutic, psychological, psychiatric, medical, relational, legal, and/or other professional support. Therapy is aimed at uncovering, diagnosing, and treating mental health concerns that may be impacting your individual and relational wellness. Coaching is aimed at providing support toward the goals you may have for your life and relationships without the deeper therapeutic work. By participating in coaching, you are not receiving diagnosis or treatment for any condition. Always consult your primary physician before making any decisions related to your health and wellness.

## **The Renew System For Couples**

The concepts contained within the Renew System for Couples and other associated appendages and modules, are designed to be principle-based tools and resources aimed at supporting couples toward health and fulfillment in marriage. These concepts are formatted for application and delivery in a variety of contexts and settings, including self-study, informal sponsorship and mentoring, professional consultation and coaching, and formal therapeutic intervention.

## **Coaching vs Therapy**

Renew coaching is designed to help you apply the principles contained in the Renew System for Couples, along with other life skills and tools to support your goals and potential. Coaching is not for diagnosing and treating deeply rooted mental health issues that may be causing difficulty in your life or relationship. While some coaching may still be helpful to your overall personal and relational goals as an appendage to holistic support, it would not be appropriate, adequate, or sufficient as a treatment for mental health concerns. If any mental health related treatment may be needed, your coach will refer you to a licensed mental health resource in your local area.

## **Coaching Is Not Mental Health Treatment**

Coaching is not a treatment for individuals, couples, or families who are experiencing active mental health concerns, including:

- Thoughts of suicide
- Thoughts of harming self or others
- Acute symptoms of depression and/or anxiety
- Obsessive thoughts
- Compulsive behaviors
- Active infidelity
- Chronic addiction
- Mental, emotional, or physical abuse
- Complex trauma
- Anger or rage episodes
- Delusions, hallucinations, mania or other thought related concerns
- Gender dysphoria
- Oppositional defiance
- Separation and divorce concerns
- Custody, co-parenting, and/or mediation support
- Medication management or regulation
- ...and any other mental health or medical concerns.

If you feel you may need support in one of these areas, or any other area of mental health or medical concern, please seek the support of your doctor or a licensed mental health professional (psychiatrist, psychologist, therapist) in your local area. We are happy to help provide you some referral resources if needed.