



Fully Alive Life Coaching

stress and self-care coaching

Fully Alive Life Coaching sets out to help clients reach their full potential and *start living fully alive!* When life gets busy, we often feel tired or stressed out. When this happens we often forget that we need to take some time for ourselves.

Alex Dolin is the founder of Fully Alive Life Coaching. He is a Board Certified Christian Life Coach through the International Christian Coaching Association (ICCA) -a branch of the American Association of Christian Counselors (AACC). Although, he is a Christian life coach, he coaches people of all religious backgrounds.

Alex Dolin specializes in stress management and in self-care coaching. He has helped people from pastors to CEOs learn to properly manage stress and learn to take proper balance and care of their own well-being so that they are able to be more productive and live to their fullest potential.

Even if stress is not a major problem in your life, Fully Alive Life Coaching can still benefit you. Through counseling and coaching techniques, Alex helps clients to live their best life now. Alex is a published author. Through his written articles, radio interviews and video media, Alex offers resources available to everyone the world.

In sessions with Alex, clients can expect to do several practical activities and homework assignments that will teach the client new skills and perspectives that will take the client to the next level in their life. If you are feeling stuck in a rut, feel like you are not going anywhere in life, feeling overwhelmed or just bored with life, it is time to call Alex at Fully Alive Life Coaching to begin the process of change.

Having a Life Coach can help you grow, overcome difficulties and stress and keep you accountable to higher goals in life. Research is even showing the benefit of having a life coach. Of course there is a cost to these amazing benefits, Fully Alive Life Coaching is often running a special deal with reasonable rates. Bring this pamphlet to Alex and you will save even more money. Call today 740-590-3598 and visit: AlexanderDolin.com .

Testimonials

I was struggling with anxiety and felling socially awkward. Alex helped me by teaching me techniques to develop a better perception and understand of circumstances and people. As a result, I am growing back to a healthy place, professionally, spiritually and socially. Alex is professional, concerned, and open-minded! I believe Alex is a great coach for those who struggle with trust and I say that because I am one of those people.

-Ridge Johnston, CEO

I was struggling with time management, stress and achieving major life goals. Alex helped me by teaching me tools and applications on how to deal with stress, now as a result I have been able to focus on priorities, what's really important and how to deal with stress!

As an extremely busy person, I especially love the fact That we don't have to talk or hang out every day but when we do get together we can pick up right where we left off.

-Nate T., Central Ohio