

Why Choose Catherine Baer, MS, MS, LPC?

Catherine has worked with thousands of people in a variety of counseling and personal development arenas. Here's what some seminar participants had to say about how Catherine has helped them:

"Catherine is talented, caring and genuine. One of her many special gifts is her voice, and it continually guides and comforts me. I experience breakthroughs each time I listen to her guided imagery exercise, where I become in tune with my sense of self, my worth and aspirations. I have learned from her support and guidance how to let go of my limiting beliefs with love and trust, and how to visualize what I want to create in my life. Catherine has a healing spirit, a calm and loving voice and brings her special light into the lives of everyone she meets."

Susana H., Marietta, GA
Seminar participant

"Catherine has a very special knack for getting into your *Soul*. She speaks to your Inner Self as if she's known you for years. I have gained such peace from her talks and her guided imagery CD. The Guided Imagery has helped me to shed some very unpleasant memories and to improve my self esteem. Catherine has a natural ease that causes you to immediately trust her and what she has to say."

Shirley R., Atlanta, GA
Seminar participant

Contact Catherine Today

To Register

770.843.6311

catherine@nourishingyoursoul.com

Reserve Your Space Today!

Groups Forming Now!

"Go often to your knowing space which lies deep within the center of your heart, for there you will find no questions... only answers."

-Dr. Mitch Ergas

Governor's Ridge Complex
1640 Powers Ferry Road
Bldg 17, Suite 250
Marietta, GA 30067

Life Wellness & Chiropractic, PC

Presents "Nourishing Your Soul"

A Coaching Group for Women

www.NourishingYourSoul.com



Photograph by Marvin Price ©

*Meet Catherine Baer, MS, MS, LPC
Licensed Professional Counselor
Certified Coach
Hypnotherapist*

Originally working with people in a more corporate, wellness focus, Catherine realized she wanted to connect with people on a deeper, Soul level. She left the Industrial/ Organizational Psychology world she was pursuing and began her education in Counseling and Health Psychology. Catherine has over 16 years experience in helping thousands of people to connect with their own Inner Wisdom and to improve their lives in meaningful ways.



Catherine Baer, MS, MS, LPC

Nourishing Your Soul: Women's Coaching Group

- Are you feeling stuck, unsure or unable to make significant changes in your life?
- We can help you identify your goals, break them down into "baby steps" and pursue them consistently in ways that enable you to achieve success.
- Experiential exercises, peer support and feedback, tapping into your own Inner Wisdom, and homework are all used as tools.
- Topics include areas such as overcoming limiting beliefs, breaking down goals into manageable steps, & staying accountable to your vision.
- People who tap into their support networks and stay accountable to a "Dream Team" tend to reach their goals more quickly and more consistently than those who "go it alone."

Session Details:

This 6 week coaching group is designed to propel you into making shifts in a supportive environment.

- Group size may vary but is limited to 8 participants
- \$70 each session
(or \$65 if all 6 weeks paid in advance in full)
- 75 minute sessions

Intake screening required before joining group

Call for dates and times



Helping you Live with more Peace, Purpose, and Power