**INTRODUCTION:**  
As a woman in her 20s to 40s, life can feel like a constant balancing act. We’re navigating the pressures of career, relationships, and personal growth while trying to meet societal expectations and care for those around us.It’s easy to feel overwhelmed, stuck, or like we’re never doing enough. Struggles with self-doubt, perfectionism, and burnout may leave us wondering if true balance & fulfillment are even possible.

But what we truly long for is clarity and purpose — a sense of direction that aligns with who we truly are. We want to feel confident, empowered, and at peace in our own skin. We dream of living authentically, with the freedom to prioritize our needs without guilt. Above all, we’re ready to reclaim our time, our health, & our energy to build a life that feels meaningful and aligned with our values.​​​​​

I’m here to help you move from feeling stuck and overwhelmed to confident and aligned. Together, we’ll tackle the doubts and habits holding you back and replace them with simple, powerful tools to bring clarity and balance to your life. You’ll learn how to manage stress, quiet self-doubt, and reconnect with what truly matters to you. Step by step, we’ll create a life that feels authentic, meaningful, and full of freedom.

**MY PURPOSE:**

I’m passionate about guiding women to tap into their inner wisdom by exploring their emotional and mental processes. By cultivating self-love, self-acceptance, and emotional intelligence, I empower my clients to build confidence and resilience within themselves to live a life with more peace.

My personal coaching approach integrates practices to cultivate mindfulness, strategies on personal self-development, and the safe space to allow my clients to overcome obstacles, gain clarity, and make empowered decisions. Together, we create a path toward a more intentional and purpose-driven life.

**MEET COACH ALYSSA:**

Hi, I'm Alyssa Rey, a certified life coach, volleyball coach, and a passionate advocate for helping women like you build lives full of peace, freedom, and purpose.

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I've always felt a deep calling to create safe, authentic spaces where people can express themselves fully and confidently. With grounded energy and easy-to-understand tools, I'm here to help you organize your life and navigate your emotions with clarity and mindfulness.  
Whether it's gaining confidence, finding balance, or simply making time for yourself, we'll work together to create meaningful shifts that last.   
 **ONE ONE-ON-ONE LIFE COACHING SERVICES:**

In our personalized, one-on-one coaching relationship, I am dedicated to supporting you on your path to becoming the best version of yourself!

Through empowerment and guidance, we work together to expand your self-awareness, foster deep self-love, and unlock the immense power that resides within you!

If this is calling you, book a FREE discovery call with me to get started!

**QUOTE:**

It's time to make yourself & your growth a priority.

**MINDFULNESS TOOLS (free):**  
Welcome to a journey where positivity, self-discovery, and clarity become part of your daily life! With my unique coaching tools, you'll learn how to create and nurture a growth mindset, boost your emotional intelligence, and uncover the power of self-love.

Imagine feeling fully in control of your path, seeing obstacles as stepping stones rather than barriers, and confidently taking action toward a direction that is meaningful to you.

Utilizing these tools can help you transform your goals into clear, exciting steps that align with your purpose and bring you joy. It’s time to dive in, uncover your strengths, and have some fun while building the life you deserve!

1: Learn How to Be Your Own Bestie!

2: Shift to a Growth Mindset

3: Develop Your Emotional Intelligence

**CLIENT TESTIMONIALS:**

*Maria S., Age 34*: ​When I started my journey with Alyssa, I was excited to see where this could take me but really didn’t know what to expect. I thought it would be more surface level conversations that can help me with the little things that overwhelm me on a day to day. Little did I know it would be so much more than that. I was able to dig deep into the emotions that were hindering my growth. We were able to discuss and organize the changes that needed to take place for me to reach my goals. I am more confident in myself both emotionally and physically. I now have a new perspective and am so thankful I was able to get there in just 8 weeks.

*Talia G, Age 29*: I am incredibly grateful to have had the opportunity to work with Alyssa. Her guidance and support has really impacted my life. She has helped me discover my true potential, set and achieve meaningful goals, and navigate life with confidence! She really helped me organize myself better and make my living space one that is clean and put together!

*Ashley C, Age 28*: One of the biggest benefits of coaching with Alyssa has been learning how to become more mindful. I used to be very caught up in my own thoughts and feelings, and I had difficulty focusing on the present moment. Alyssa has helped me to develop mindfulness practices that have helped me to become more aware of my thoughts and feelings, and to choose how I react to them. As a result, I am now able to manage my stress and anxiety more effectively, and I am better able to enjoy the present moment. I highly recommend Alyssa to anyone who is looking for a life coach. Alyssa is a compassionate and supportive coach who is able to create a safe and supportive space for clients to grow and learn. Thank you, Alyssa, for being such a wonderful coach.

*Brynlee K, Age 33*: Alyssa is a very thoughtful, intelligent, and genuine life coach. I looked forward to our meetings every week! I feel more confident about myself and my capabilities. I also have a better understanding of myself and have shifted my mindset to being more positive and kind to myself! So grateful for her!

*Brianna R, Age 30:* I sought Alyssa’s expertise at a point in my life where I thought I was stuck indefinitely. I wanted to grow, heal and elevate my life and mindset. I struggled to be mindful and optimistic, and the days seemed to pass without anything to look forward to. I struggle with anxiety and depression, and I have always found it hard to maintain to a routine or do the things I know are most beneficial to me. I would try things and found myself giving up quickly, feeling like a failure. Since working with Alyssa, I have not only been able to stick to my routine, but have been more adaptable than ever, rolling with the punches as they come without letting life get me down. Alyssa created a safe space in her sessions for me, where I felt comfortable being my authentic self and opening up to really get to the core of my issues. I truly feel like I am getting the most out of my life, and I have Alyssa to thank for guiding me to get to this point.

*Irina Y, Age 18*: I’ve been playing volleyball for 8 years and I’ve never experienced a coach who had cared about my mental and physical wellbeing until I met Alyssa. Alyssa managed to flip my life 180° leaving a generous impact on me. She introduced me to being intentional and mindful with everything I do in my life even outside of sports. Alyssa taught me how to overcome hardships in a healthy way and introduced me to a whole new perspective of myself that I will be carrying on into the future. She is caring, kindhearted, and the most selfless person I’ve ever encountered. I’m grateful everyday to have met and be coached by Alyssa.

*Kiauna J, Age 18*: ​Coach Alyssa taught me the value of perseverance by pushing me beyond what I thought were my limits. Her belief in my potential helped me build confidence in my own abilities. Through her guidance, I learned how to approach challenges with strategy and determination. Her lessons extended beyond the volleyball court, influencing how I tackle obstacles in daily life.

*Alejandra L, Age 18:* When I first met Coach Alyssa, it was like a breath of fresh air. I instantly connected with her because I could feel the safe, warm, vibrant energy from her. She guided me and was able to show me how to work with my emotions to fuel my passions. Without her, I wouldn't have been able to find and grow the love I had for volleyball again and would have given up my dream of being the starting libero my senior year. I will use the guidance, support, and tools she taught me throughout the next stage of my life, but to be honest, I am sure I will use them for the rest of my life!

*Shannon H, Fort Lauderdale, FL*: I worked with Alyssa for a couple of months. Before our coaching sessions, I felt overwhelmed by my emotions and navigating difficult situations. I suppressed a lot of what I felt, which inevitably caused physical issues as well. She helped me to change my whole perspective on how to handle hard emotions and process them in a healthy way and truly be kind to myself. It has been a game changer in every aspect of my life and even relieved some physical issues I have dealt with for years! She is kind, caring and makes you feel important and heard. She truly has a gift that I believe will help so many!