## how to human better

releasing the power of consciously-constructed relationships



## Coaching & mediation services

## Billing rate:

\$75 per 60 minutes, \$1/minute for every minute after 60.

Take it to the next level with focused one-on-one attention to:

- a specific personal growth area,
- developing a personal spiritual practice
- confronting & healing an psychospiritual/internal wound or scar
- mediating or resolving a relationship issue/conflict between two or more people
- exploring non-monogamy in romantic relationships
- premarital coaching
- divorce coaching

"Jennifer assisted me in helping my wife and I actively and consciously create definitions and boundaries in our relationship. She helped us identify what we were doing out of habit, out of assumption, or out of external cultural expectation. As a result, she helped us lay the groundwork to forgive one another, to move forward, and to decide to be happier humans. Jennifer's compassion is unparalleled. Her clear and effective use of language inspired me to grow in my own communication skills. And she truly is guided by no agenda other than love. In whatever capacity you might be able to have Jennifer bring her light into your life, you'll undoubtedly find yourself pushed and emboldened to be an agent of change and growth for yourself. She gives each of us a lens by which we can discover for ourselves the better human we're capable of becoming."

-- Joshua, male, 37, non-monogamy & marital counseling

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## **Payment options**

- ✓ All major debit & credit cards, via phone or in person
- ✓ PayPal, Venmo, or SquareCash
- ✓ Personal check
- / Direct bank transfer