

## **Empowerment Coaching Solutions**

### **Transform Your Life, Relationships, and Personal Growth**

At Tamia Barnes Tomasek Counseling, LLC, our Empowerment Coaching services are designed for individuals and couples who are ready to grow, heal, and move forward with clarity and confidence.

Our coaching programs combine trauma-informed guidance, practical tools, and personalized support to help you navigate life transitions, strengthen relationships, and reconnect with your authentic self.

Whether you are working through personal growth, preparing for marriage, or learning how to co-parent effectively, our coaching services provide the structure and support needed to create meaningful change.

### **Inner Child Coaching**

#### **Reconnect With the Most Authentic Version of Yourself**

Welcome to @innerchild.coach, a supportive space for individuals who are ready to reconnect with their inner voice, heal from past experiences, and cultivate deeper self-love.

Your inner child represents your creativity, joy, curiosity, and emotional truth. When early experiences create wounds or limiting beliefs, it can impact how we show up in relationships, work, and daily life.

#### **Through trauma-informed coaching, we work together to:**

- **Identify and heal unresolved emotional patterns**
- **Reconnect with your authentic voice and needs**
- **Build greater self-compassion and emotional awareness**
- **Develop healthier relationship patterns**
- **Strengthen confidence and personal empowerment**

This work can be deeply transformative and allows clients to reconnect with the resilience and wisdom that already exists within them.

## **Premarital Couples Program**

### **Build a Strong Foundation Before You Say “I Do”**

Preparing for marriage involves more than planning a wedding. Our Premarital Couples Program helps partners strengthen their relationship foundation and develop the tools needed for a healthy, lasting marriage.

This structured program provides couples with guided conversations and skill-building exercises designed to strengthen emotional connection and improve communication.

### **Program Includes**

- **8 personalized counseling sessions**
- **60-minute sessions**
- **Guided discussions on:**
  - **Communication styles**
  - **Conflict resolution**
  - **Shared values and expectations**
  - **Financial conversations**
  - **Emotional intimacy**
  - **Family dynamics**

At the completion of the program, couples receive a Certificate of Completion.

Investment: \$250 per session

## **Co-Parenting Coaching Program**

### **Creating Healthier Family Dynamics for Your Children**

Co-parenting can be challenging, especially when past relationship conflicts continue to impact communication and decision-making.

Our Co-Parenting Coaching Program helps parents shift the focus from past hurt to creating stability and emotional safety for their children.

This program focuses on developing respectful communication and clear boundaries while maintaining a child-centered approach.

### **8-Session Program Topics**

- **Establishing healthy co-parenting boundaries**
- **Identifying barriers to productive communication**
- **Emotional regulation and self-quieting techniques**
- **Developing sustainable self-care practices**
- **Learning to detach with love**
- **Teaching children problem-solving skills**
- **Implementing weekly family meetings**
- **Final session: Co-Parenting Commitment/Pledge**

Session Length: 60 minutes

Investment: \$250 per session

## **Life Coaching Services**

### **Clarity, Confidence, and Forward Momentum**

Life coaching provides a supportive space for individuals who want to make intentional changes in their lives while receiving guidance and accountability.

Through a collaborative coaching relationship, clients gain clarity about their goals and develop practical strategies to move forward with confidence.

### **Coaching May Focus On**

- **Career growth and professional direction**
- **Work–life balance**
- **Personal development and confidence**
- **Navigating life transitions**
- **Relationship growth**
- **Decision-making and goal setting**

Life coaching empowers individuals to take aligned action and build lives that reflect their values, purpose, and potential.

### **Session Fees**

- 45-Minute Session: \$225
- 60-Minute Session: \$250

### **Begin Your Growth Journey**

If you are ready to invest in your personal growth, relationships, or family dynamics, our coaching services provide the guidance and structure needed to help you move forward.