



Jeanne Dickerson MA

Facilitating Growth through Grace

Services

Individual, Couple, and Family Counseling
Strategic Parenting Coaching
Transition and Career Coaching
Personal Growth and Transformation Coaching
Spiritual Guidance and Direction

Style/approach

I do a combination of counseling, life coaching, and spiritual guidance. Each provides a different focus. Counseling looks at the past, coaching the future, and spiritual guidance the deeper picture. The combination of the three allows a person to identify and work through blocks, accomplish and create their goals, and heal their life. Problems are resolved, emotions are healed, and a person experiences a greater sense of peace, harmony, and joy in their life. I refer to the work I do as *facilitating growth through grace*. The process is one of fun, learning, and growth. The results are transformative and lasting.

*Licensed Clinical
Professional Counselor*

*Certified Professional
Co-Active Coach*



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Benefits

People are happier and more content with their lives. The problems that brought them to counseling are resolved. They are no longer handicapped by their fears and doubts. They have increased self confidence and compassion for themselves. There is an inner sense of freedom and peace. Their lives change for the better in all areas. They flourish in their relationships, work, health, and finances.

Background

I have over twenty-five years experience as a counselor. I have worked in various settings: I was a supervisor of an in-patient adolescent psychiatric team, I was an executive director of a holistic health center, and I have been in private practice for over ten years. In addition, I have taught classes at local colleges and the American Management Association. I also have over five years experience as a personal life coach

Philosophy

I believe that we are all healers in our own right. We all have the capacity to be whole, happy, and healthy. This is our natural state of being. Knowing this truth facilitates healing. In addition we need to know ourselves, understand our belief systems and the experiences it creates in our lives. When we live from this more conscious place we can heal our lives in profound and powerful ways.

Biography

I draw on a wealth of professional and personal experience in the work I do. Professionally, I bring expertise as a counselor, life coach, educator, and spiritual director. In my personal life, I know what it means to be a mother, daughter, sister, wife, boss, friend, and more. I have gone through challenges and losses and have utilized them for my own growth and healing. Others describe me as being compassionate, wise, direct, and gentle. My goal is to help others live the lives they are meant to live. I do this by facilitating problem resolution, transformation, and *growth through grace*.

Professional Experience

Counselor

I started my counseling career working with adolescents in a psychiatric hospital. As a supervisor, I taught classes and conducted therapy with teens, parents, and their families. The emphasis was on improving communication, building close relationships, and establishing responsible behavior. Later, I worked at a wholistic health center as an executive director and counselor, focusing on different aspects of health and wellness. In my private practice, I work with individuals, couples, and families. I help them work through problems and create more joy in their lives.

Life Coach

I am a trained and certified life coach. Professional coaching focuses on reaching for dreams and accomplishing goals. Counseling, on the other hand, focuses on healing the past and resolving issues. Since I am both a counselor and life coach I am in a unique position to help individuals heal their lives and create their dreams. I have worked with entrepreneurs, executives, and writers. Together we overcome obstacles, clarify visions, and implement strategies for success. My role is to provide guidance and accountability. The end result is increased productivity, balance, and fulfillment.

Educator

I teach skills that improve both professional and personal lives. In my work as a business trainer for the American Management Association, I helped both managers and their assistants learn how to deal with difficult people, have assertive communication, and build strong teams. I have taught similar courses at colleges, corporations, and community organizations. Some of these classes have included: conflict resolution, transitions, parenting skills, and self improvement. I have also integrated teaching in the work I do with clients, helping them learn skills and concepts that enhance their lives.

Spiritual Director

Through the years as a counselor I have worked with people of different faiths and backgrounds. I have gained a respect for different religions and the greater truths they speak to. These fundamental truths can facilitate greater healing in a person's life. For those who are interested, problems can be viewed in a spiritual context. This is done by addressing limiting beliefs, learning healing concepts, and integrating positive perspectives.

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Growth through Grace

Facilitating growth through grace is the essence of the work I do and a reflection of who I am. This is stated clearly by a client of mine who wrote, “*Working with Jeanne has brought about true healing in so many areas of my life. I have experienced first hand, her power to heal on the emotional, spiritual, and physical levels. Not only does she facilitate growth through grace, but she has given me the tools to help me do this for myself.*” This is my goal for you, as well. To touch that place inside of you that is calling for healing, empower you with tools of transformation, and to do so with grace.

What is unique about me and the services I offer?

I have been counseling for over twenty-five years. This has allowed me to work with a variety of people and situations. I have worked with a wide range of ages, cultures, and problems. I am constantly growing and learning from the work I do.

I offer phone sessions. These are increasing in popularity, offering the convenience of saving on time and transportation. It also helps people who are restricted by their work schedule or who live out of state. Phone sessions are effective, powerful, and easy.

I am both a life coach and counselor. This is a wonderful blend of skills. Having both skill sets allows me to help others overcome personal blocks and challenges while living their individual truth and dreams.

I integrate a spiritual perspective. I work with and respect the individual faiths of my clients, encouraging them to broaden their understanding of the problems they face.

I have a gentle and direct approach. Often counselors are strong in one or the other area. I actually have a blend of both which allows me to support and guide clients as they deal with the places they feel most vulnerable.

I partner with my clients. I work as a team, pulling from what my client knows to be true as well as my expertise. This synergy generates insights, fosters learning, and promotes growth.

I empower and teach my clients. I teach clients skills and concepts that help them transform their lives.

I am easy to communicate with. I welcome feedback, input, and suggestions.

I am intuitive and great at analysis. This helps identify primary concerns and generates creative solutions.

I have helped many people through divorce and blended family adjustment. I am committed to helping families and individuals grow through change.

I have an in-depth understanding of effective parenting skills. I have taught many parenting classes and have helped hundreds of parents improve their knowledge and skills.

I love and respect my clients. This may sound trite, but is the foundation of all good counseling and coaching.

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Counseling

Individuals who seek out counseling are proactive. They identify that something is not working in their lives and want to do something about it. There is a strong commitment to personal growth and well-being. They are willing to invest in themselves and take action. In so doing, they learn what is hurting them and what they can do to solve it. I am your guide in this process. I listen with compassion and offer insights and direction. Listed below are areas that I specialize in.

Receive Help with:

Personal Challenges

Heal difficult emotions: depression, anxiety, grief, or resentment
End negative behavior patterns and addictions
Solve repeated problems with health, money, career, or relationships
Trust your feelings and be your authentic self

Family Problems

Adjust to divorce and remarriage
Create a strong blended or single-parent family
Assert yourself in controlling relationships
Solve conflicts with your children

Relationship Issues

Heal problems in your marriage
Create loving and intimate relationships
Release draining and unsupportive relationships
Solve reoccurring conflicts, issues, or themes

Difficult Transitions

Navigate successful changes in your life
Grieve losses and make peace with endings
Work through confusion and make important decisions
Adjust to new stages in your life: young adult, midlife, and retirement

Job and Career Concerns

Identify your strengths and talents
Address political dynamics at work
Manage career changes and new directions
Find work you enjoy that is in alignment with who you are

Communication Breakdowns

Open up healthy lines of communication
Identify and stop manipulations
Establish healthy boundaries
Learn direct, honest, and assertive communication

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Personal Life Coaching

We often need someone to be our believing eyes as we stretch ourselves in new arenas. Someone to encourage, teach, and keep us on track. Someone who can help us see where we are limiting ourselves and how we can move past it. This is what coaching is all about. Having a coach by your side can make a difference in accomplishing your goals and achieving your dreams. Many athletes, business owners, and creative entrepreneurs know this. So can you. Experience the advantage of coaching by using it in any of the following areas of your life.

With Coaching you can:

Grow your Business

Clarify your vision
Have focus and be productive
Eliminate confusion and be organized
Overcome doubts and fears

Be a Successful Manager

Know your strengths and weaknesses
Motivate and understand your employees
Identify your management style
Accomplish your goals

Create Balance, Joy, and Fulfillment

Clarify and support your priorities
Introduce fun and relaxation
Increase your self-care
Understand and support your values

Manifest your Dreams

Release blocks and obstacles
Generate support and enthusiasm
Align your beliefs with your action
Be aware of and use principles of attraction

Express your Creativity

Write your book
Start your business
Paint your painting
Use your talents and gifts

Improve Yourself

Increase your self-confidence
Improve your communication skills
Release old emotional patterns that hold you back
Develop purpose and meaning in your life

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Spiritual Direction

Often people get stuck in their lives and do not fully realize it. Instead they recognize a nagging sense of dissatisfaction and unhappiness. This can be your spirit's attempt to get your attention. Those who listen to the call are able to address their challenges, learn healing concepts, and transform their lives.

Common spiritual challenges:

Strong Emotions

Overcome your fears and doubts
Work through your anger and resentment
Replace emptiness and despair with hope and possibility

Addictions

Learn to break the cycle of compulsion and self condemnation
Replace negative habits with positive ones
Heal your shame and guilt

Disillusionment

Work through any negative impacts of your religious upbringing
Understand why some of your prayers are not answered
Restore the hurt and broken places in your heart

Lack of self worth

Heal old childhood hurts and disappointments
Make peace with your mistakes and regrets
Bring your gifts and talents into the world

Spiritual direction can help you:

Work through places you are stuck

Understand what your life is trying to teach you
Identify and release inner resistance and fears
Change your experience by changing your beliefs

Understand and apply spiritual concepts

Use prayer and affirmations for healing
Positively impact your life by using intention and principles of attraction
Create your dreams by lining up your emotions, behaviors, and beliefs

Develop spiritual practices that support you

Connect with God through prayer, meditation, and gratitude
Inspire yourself through uplifting music, books, and nature
Hear and understand your inner voice and guidance

Create a life of joy and fulfillment

Move from limitation to abundance
Embrace simplicity, order, and flow in your life
Live a synchronistic life filled with every day miracles

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Seminars and Classes

I teach in various venues covering many of the topics listed below. My style is engaging and interactive. I present complex concepts in ways people can easily understand and then assimilate into their lives. I am inspirational and get to the heart of the matter. I would welcome an opportunity to work with you and your organization to create a seminar or course that matches your needs and aspirations.

Common Topics are:

Developing Effective Leadership

Learn assertiveness skills
Build synergetic teams that work
Successfully deal with difficult personalities
Move through conflicts into problem resolution

Utilizing Spiritual Principles

Activate healing through forgiveness
Realize and live your greater truth
Heal your life through everyday metaphors
Understand and use the law of attraction

Facilitating Self Empowerment

Get unstuck by releasing your resistance
Live on purpose by creating balance, fulfillment, and joy
Align who you are with what you want
Transform the ordinary into the extraordinary

Using Change for Growth

Move through endings to beginnings with ease
Cope with loss and unexpected changes
Transform mid-life crises to min-life transformation
Invite change and vitality into your life

Assisting Families through Transitions

Understand and deal with the complexities of divorce
Build bridges in blended families using strategies that heal
Help children cope with divorce, death, and remarriage
Facilitate strength, harmony, and closeness in families

Helping Parents Help their Children

Deal with manipulative behavior
Set limits and healthy boundaries
Create open and close relationships
Help your child develop their gifts and talents

Improving Communication Skills

Communicate effectively in emotional situations
Find your voice and speak your peace
Implement confrontation skills that make a difference
Learn to listen in a way that heals and facilitates understanding

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