



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.