



Who I Am

About Me



I love working with people from all walks of life. My specialties include transitions, writing projects, personal and career development, and cultural integration, but I work with clients in all areas. In addition to coaching, I teach literature and writing. My previous experience includes training and counseling individuals and couples. As a former manager and human resources professional, I focused on team building and staff development. I am certified by the Institute for Professional Excellence in Coaching (iPEC). I am a graduate of the Hakomi Institute's two-year comprehensive training in experiential psychology and have completed graduate coursework in counseling and career theory. I have a master's in English and a bachelor's in cultural anthropology.

Contact Me

Phone: 610.603.6545

Email: angela@avivacoachingllc.com

Web: www.avivacoachingllc.com



Aviva Coaching LLC

www.avivacoachingllc.com

info@avivacoachingllc.com



Are you trying to realize your best self?

Achieve a goal?

Change your thoughts and feelings?

Create a vision for your future or the present?

What's holding you back?

Look inside for the answers.

*Angela di Gualco
Life Coach*



Core Energy Coaching™

As a core energy coach, I help people realize their optimal potential by aligning outer goals with their passion and inner purpose resulting in sustainable, spectacular results!

I believe that everyone has the answers they seek inside them. I work with individuals and groups to tap into their innate wisdom and discover what they want and how best to obtain it, removing obstacles and becoming their best selves along the way.

The first session is complimentary! Bring your curiosity, openness, questions about coaching and a small, discrete problem or issue to work on and experience the power of coaching for yourself.

Do you know what you want, but don't know how to get it?

I can help you develop a realistic, achievable, step-by-step plan for accomplishing your goals.

“Angela has a calming style that is a beautiful mix of listening, wisdom and compassionate support for my goals.”

Is fear or self-doubt getting in the way?

Using a variety of tools, assessments and techniques, I can help you recognize and replace the thoughts and beliefs that limit you.

Does time seem to be working against you?

Identifying what you are saying yes to instead of no, recognizing why you are making these choices, will start you down the path of better time management.

Do you lack a vision for your future or the present?

I can help you create a vibrant, detailed vision that will motivate and energize you.



How Coaching Works

A life coach works with people to co-create a vision for the future and develop a plan to achieve it. Along the way, they identify and replace beliefs and thoughts that get in the way. And, a coach helps clients adjust to success!

What kinds of things do people work on in coaching?

People can benefit from working with a coach on just about anything! From career change/advancement, getting in shape, managing a health-related challenge, weathering life's transitions with more intention, writing a thesis, dissertation or book, to finding passion and living dreams, a coach can help!

How long does coaching last?

There is no standard length for coaching which often depends on what the client wants to work on. Initially, coaches and clients agree to work together for 3 months or 12 sessions, talking once per week via the telephone.

How does this differ from therapy?

Therapy typically seeks to understand what experiences have shaped the client. Therapists work with clients to heal past wounds or manage mental illness. Coaching can work in conjunction with therapy or where therapy isn't needed.