

# Transitional Life Coach

Transform Your Life



**Thinking about school, but unsure  
where to start?**

**Ready to break a habit, but don't know  
the first step?**

**Job search feel overwhelming?**

***Let us help you create a plan and  
take the first step towards your goals!***

## Coaching Highlights

Personalized Guidance

Ongoing Support

Goal Setting

Sustainable Habits

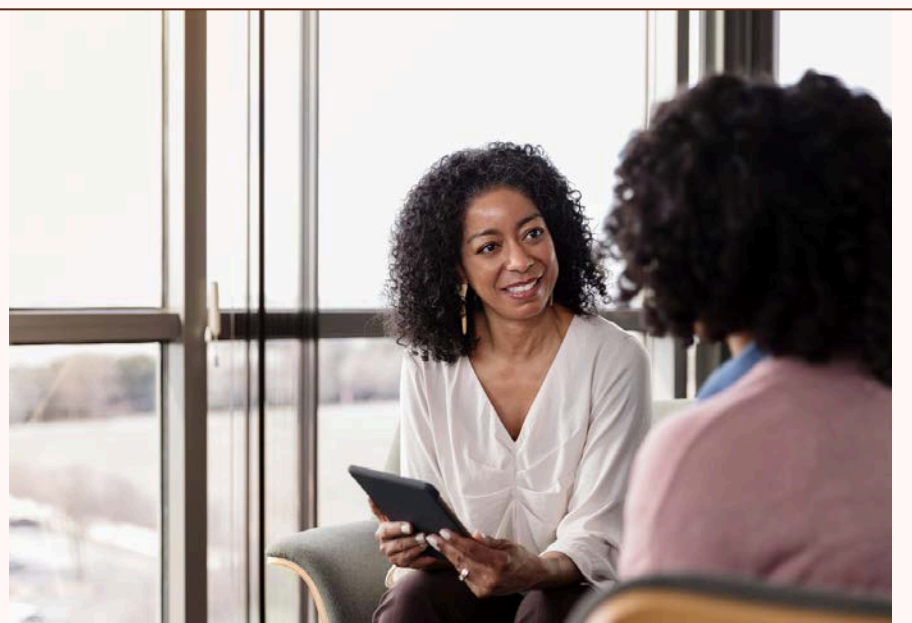
Positive Mindset

Holistic Approach

With the help of our committed coaching program, start moving in the direction of a happy, healthier you! Let us help you with first steps and overcome obstacles keeping you from moving forward.

**Contact us to begin your coaching session at:**

 619-533-6000     [infoosp@sandiego.gov](mailto:infoosp@sandiego.gov)



**Reimagine Your Life's Possibilities!**