Welcome to Sparky Life Health Coaching Inc.
Please meet Lisa Quaglia Hamed, LCSW

Please scan the QR code to book a FREE 15 min consultation with Lisa Quaglia Hamed, LCSW in Massachusetts.
Email: support@onepurplesquare.com or Email: lisaquaglia@onesparklylife.com

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SPARKLY LIFE
HEALTH COACHING

Welcome.

You may be balancing work life responsibilities, sometimes relationships, and the list of responsibilities across the week may result in caregiver burnout, or not enough time to work on self care.

Having a supportive listener to reflect back to you a better way to cope may help you resolve feelings of worry, sadness, anxiety. My work reflects nonjudgemental, empathetic consistent efforts. I have the ability to balance support with clear goal-setting and follow-through.

Role play, reflecting, journaling, challenging belief and thought patterns can help one recognize problems, solutions to support you to find resilience.

My clinical approach is integrative and client-centered, drawing from several evidence- based models depending on client needs. These commonly include: Motivational Interviewing, Trauma-informed care, Strengths-based and solution-focused approaches Family systems theory. I have worked in a wide range of settings. I frequently use practical tools, including: Worksheets and guided exercises Goal-tracking and accountability tools Psychoeducation materials Reflective journaling prompts Skill-building exercises for coping, communication, and stress management.

These tools help clients translate insight into action and measurable progress.

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