Welcome to Sparky Life Health Coaching Inc.
Please meet Copley E. Kemp, LMHC

Sparkly Life Health Coaching Inc.
Presents: Invest in Your Best Self! a 12 week coaching program

Transform Your Life

Please scan the QR code

Please contact us to begin your coaching + counseling session!

Coaching Highlights

- Personalized Guidance
- Ongoing Support
- Goal Setting
- Sustainable Habits
- Positive Mindset
- Holistic Approach

https://www.onepurplesquare.com

Hi, welcome!
As you consider counseling for coping with any of your life priorities, please know that I can support you with reaching your goals!

I offer therapeutic support to individuals and families who are coping with depression, anxiety and/or struggles with self-worth and relationships. I am comfortable treating depression, anxiety, anger, self-esteem issues, adjustment and career concerns.

I include Cognitive Behavioral Therapy, Motivational interviewing, Person centered, Adlerian, Jungian, Freudian coounseling approaches.

I create a safe, nonjudgmental space for clients to be themselves and growth towards increased coping skill

Please scan the QR code to book a session with our insurance accepting provider: Copley E. Kemp, LMHC

Please empower yourself with transformative wellness coaching and counseling !

Please scan the QR code to book a FREE 15 min consultation with
Copley E. Kemp, LMHC
Email: support@onepurplesquare.com or Email: copleykemp@onepurplesquare.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 and solutions to support you to find resilience amidst cultural contexts.

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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