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

Transform Your Life

Wellness Coaching for a Fulfilling Life

Coaching Highlights

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

https://www.onesparklylife.com

We accept insurance!

With the help of our committed coaching program, transform your life and embrace wellbeing.

Start moving in the direction of a happy, healthier you!

Our dedicated team of certified wellness coaches and counselors are here to guide you to achieve balance in mind, body, and spirit.

Say goodbye to stress, embrace positivity, and embrace a healthier lifestyle.

Please contact us to begin your coaching session!
Katie Risko,LCSW, Alexus Dover, LCSW, Emancia Brown, LMSW

https://care.headway.co/providers/kathleen-risko-2

https://www.psychologytoday.com/us/therapists/alexus-dover-newark-de/1625322

https://www.psychologytoday.com/us/therapists/emancia-brown-newark-de/1655027

Empower yourself with transformative wellness coaching !

Website forwards to https://www.onepurplesquare.com Email: support@onepurplesquare.com

SPARKLY LIFE
HEALTH COACHING

Meet Kathleen Risko, LCSW, and certified Integrative Health Practitioner.

Are you coping with:
anxiety, low mood, irritability, lethargy, apathy, stress, and insomnia?

Kathleen can help you get rid of cravings for alcohol, sugar or other substances.

She also specializes in work life/balance, nutrition Life Transitions, eating disorders, coping skills and overall health and wellness.

Kathleen will also soon be able to run functional labs such as gut tests, hormones, adrenals, Omega tests, food sensitivity and more.

Kathleen Risko, LCSW, has a passion for helping others holistically.
She is skilled in integrating evidence-based psychotherapy techniques:
including EMDR, cognitive behavioral therapy (CBT) and
dialectical behavioral therapy (DBT).

Kathleen focuses on whole-body holistic approaches such as nutrition, nervous system regulation, sleep hygiene, exercise and nutrition.

Kathleen's compassionate care approach supports others in their discovery of inner strengths helping to create positive change.

Please scan the QR code to email Kathleen Risko, LCSW on psychologytoday.com

---

PLEASE schedule FREE15 min consultation at:
https://care.headway.co/providers/kathleen-risko-2

Thank you!