

COACH

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world.

As a life coach she wants to help other people get out of the cycle of tolerating life while everything stays the same, learn to thrive and create the life that they want.

Her goal is to bring life coaching into health care and the adoption process.

Right now she is forming three focus groups, one for birth moms, one for adoptive parents and grandparents and one for adult adoptees.

Each group will receive one month of complimentary life coaching. The coaching sessions will either take place in Parsons' Coaching Café office located on the second floor of the Community Bank building in downtown Los Alamos, or over the phone using a teleconference line.

Through coaching,

Parsons provides a safe place for people to explore who they are and how they see the world. Her clients begin their process of becoming "unstuck" by identifying what their truth is and committing to it.

That's why she calls herself the "Walk Your Talk" coach.

She uses a Core Energy Coaching model, which enables people to break out of negative energy patterns and clear the way for positive energy patterns.

Parson said it's important that when people are living their lives experiencing negative — or catabolic — energy, it's impossible to connect with others on a healthy level. Their thinking is foggy, they have a hard time making decisions, and they may be stuck in conflict mode.

Being at this level zaps you of energy and tears you down at a cellular level, Parson said.

Living in positive, or anabolic, energy level does the opposite. People who are operating at a higher energy level feel compassion for others, they see opportunities around them, and they are bursting with creativity and feel connected to others. They are fully engaged with life.

"I want to help adoptees and their families build bridges and not walls in all of their relationships," said Parsons, who created a powerful and effective coaching process for adoptees and their families called the Heirloom Coaching Process.

Adoptees, birth moms who have given their children up for adoption, or made an adoption plan, adopted parents and grandparents are all invited to join a coaching group. Call Parsons at 412-1817.

Anyone interested may also stop by the Coaching Café, 1475 Central Ave., Suite 210B.