

## MEDIA RELEASE

### Life Coaching at JFS

WEST HARTFORD, May 18, 2015 —“We are thrilled that Julie Connolly, certified life coach, is available to offer life coaching through our office,” announces Anne Danaher, Executive Director, Jewish Family Services of Greater Hartford. Life coaching is short term and goal focused for people who are ready to tackle the next step in their lives.

“Clients appreciate my direct style and know that I will speak the truth as I observe it,” explained Julie. “They experience me as invested in their development and as an enthusiastic supporter of their dreams. My coaching style blends humor with honest, straightforward communication.”



Julie’s life coaching emphasizes understanding the nature of transition, creating a life vision that aligns with clients’ values and recreating meaning in the wake of significant life events. She also designs and leads workshops focused on divorce recovery, personal power, boundaries, and work/life integration.

JFS focuses on three core areas: Counseling, Education, and Community Support, and utilizes a variety of counseling treatment approaches and can help clients address a wide range of issues. Visit [www.jfshartford.org](http://www.jfshartford.org) to see a list of clinicians and their areas of expertise. Please call 860-236-1927 to schedule an appointment for life coaching services.

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