

A woman with brown hair, wearing a maroon t-shirt, is smiling broadly. She is holding hands with another person whose hand is visible in the foreground. The background is a blurred indoor setting with wooden shelves.

SOMETIMES IT SIMPLY TAKES MORE

to lift you out of moods and mindsets and move you forward.

So we reimagined things for you.

(And it really only takes two simple ingredients.)

YOU NEED...

lsmichellesmith.com/yesplease

A FORTUNE 100 CERTIFIED EXECUTIVE & PERSONAL COACH

- (A) For clarity
- (B) Some accountability
- (C) For acceleration
- (D) All of the above



A LICENSED COUNSELOR

- (A) For self knowledge
- (B) To build healthy relationships
- (C) To deal with feelings & past hurts
- (D) All of the above



*Evidence
Based*

WHY COACHING + COUNSELING WORKS



The science-based approaches align



Heal what's behind while reaching for what's ahead



You'll learn new behaviors & find happiness faster



Happy people are successful people





L. Michelle Smith, MS, ACC, CPEC & Dr. Jeff Gardere, "America's Psychologist"

OFFER CERTIFIED COACHING & LICENSED COUNSELING

and this collaboration is more than just about a foreword in a book

very good



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DR. JEFF & COACH L. OFFERINGS

For Organizations & Individual Leaders

- (A) Support & Growth Groups
- (B) Executive & Personal Coaching & Counseling Packages
- (C) 360 workshops & seminars
- (D) Individual referrals for coaching or therapy





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Also available jointly for media & speaking opportunities

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