



OPTIMAL LIFE COACHING



Denise knows it is not easy navigating through life as a teenager. Whether you are challenged with peer relationships, school work, or adult relationships, as an experienced life coach and former school counselor, we can work together to practice real-life skills proven to help you overcome your challenges.

For the last twenty years Denise has been working as a licensed school counselor specializing in the social emotional wellness of teens. With her combined experience as a counselor and as a certified health and life coach, she is optimally prepared to facilitate goal achievement regarding both physical or emotional health for teenagers. With her Teen Confidence Life Coaching program your teen will learn and practice real life skills that will help them make significant changes in their life.

[Website](#)



"I take great pride in the progress and success of my teens, and look forward to helping you achieve your most valued goals. I'm excited to talk with you!"

Denise