

When obstacles get in the way, coaches challenge, encourage and give accountability so the individual or couple can get past the obstacles and experience success. A coach can help you see things from a different perspective, allowing you to see what you may not have recognized and give support as you move forward.

A Christian coach is there for you, prayerfully listening to your concerns and asking questions that will give clarity to your situation, get you past roadblocks, help you realize your God-given potential and challenge you to be your best.

**Call us at Breaking Free  
for an appointment today!  
239.244.3912**



## ABOUT THE FOUNDERS



PASTORS & DR. GASPAR & MICHELE ANASTASI

Pastors & Dr. Gaspar and Michele Anastasi founded Breaking Free Wellness Center in September 2020. With more than 40 years experience counseling couples as well as individuals with great success, they decided to extend their God-given gift to you. When you choose Breaking Free Wellness Center for counseling or life coaching, you place your heart in their capable and compassionate hands and those of their trusted and certified staff.

Michele Anastasi is a Certified Christian Life Coach, and Gaspar Anastasi holds Doctorates in both Theology and Christian Counseling.

Counseling and Coaching are available in person or via Zoom. **Call to schedule an appointment!**



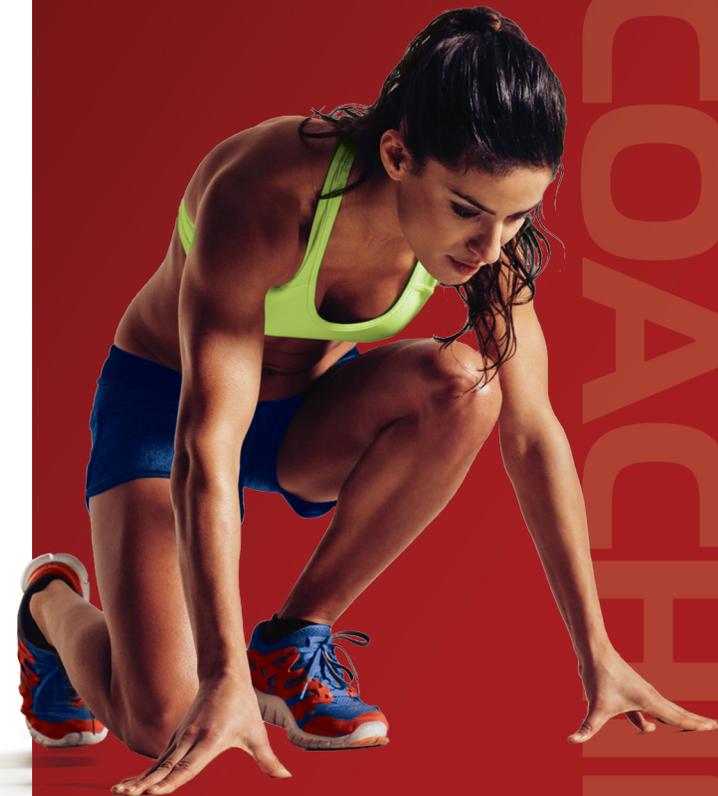
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camera  
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YOUR  
**LIFE**  
WINS WITH A GOOD  
**COACH**

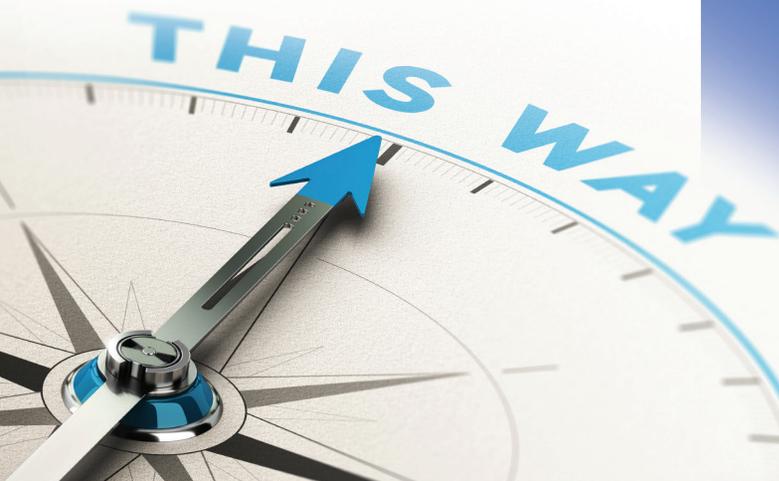


**Faith-Based Counseling & Coaching**



## WHAT IS LIFE COACHING?

Life Coaching is the art and practice of assisting individuals — or couples in marriage coaching— to move from where they are to where they want to be.



## WHY DO YOU NEED A LIFE COACH?

Coaching can help you to set and reach specific goals.



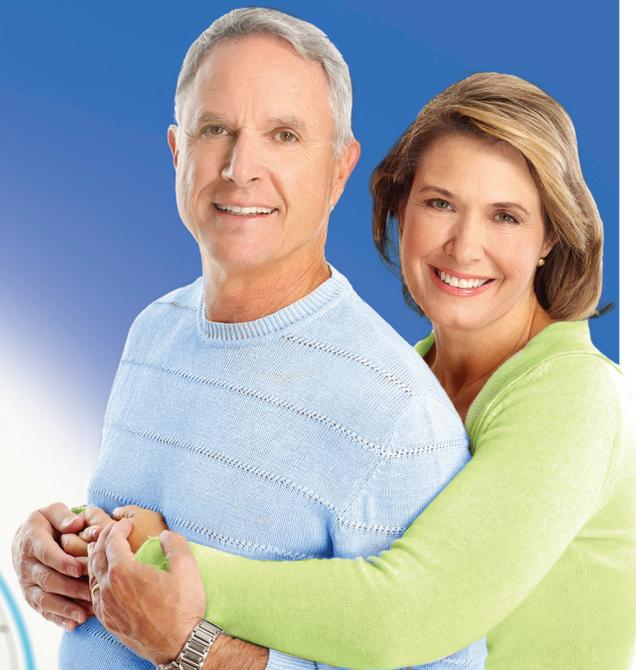
Coaching can help in developing a closer walk with God.



Coaches walk with individuals and couples through life transitions and other changes.



Coaching can help stimulate and clarify vision.



## HOW IS COACHING DIFFERENT FROM COUNSELING?

Coaching is not for people who need to overcome painful influences from the past. That's where Inner Healing prayer and counseling are invaluable. And, of course, Breaking Free Wellness Center is great with that.

Coaching is not about looking back. It's about looking ahead. Coaching is not about healing. It's about growing.

## WHAT HAPPENS IN COACHING?

Every coaching situation is unique. Usually the coach will begin by exploring issues the individual or couple wants to change. In what areas do you want to grow? Christians in coaching may seek to determine where God is leading them.

The coach must be aware of where the individual or couple is at present. What are your strengths, weaknesses, abilities, spiritual gifts, interests, passions, values and hopes? Often the coach will use assessment tools to enable you to learn more about yourself.

Coaches will also help individuals and couples set goals and plan ways to reach these goals.