

Friendship Coaching

Danielle Bayard Jackson



Services

As seen on:



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This session is ideal for those who are feeling lost and frustrated with a current friendship issue, but have no one they can really talk to.

We internalize this stress-- which can lead to insomnia, anxiety, and depression-- because we have no one to share with. Until now.

Vent sessions are designed as quick mini-chats for you to share how you feel in a safe space. Many women have never even given voice to their problems, and the first step is simply to get it out.

I want to be an outlet for you, so here's how it works:

- You'll pick a day and time where you can finally freely express everything you need to say. No judgement. Ever.
- We will get on a phone call and you'll express all the things you've been holding inside about your situation.
- I will listen, and when you're finished "venting", I will affirm you and send you off feeling heard and understood.

This session style works best for women who are seeking a space to share intimate thoughts and find peace in expressing these feelings and ideas.

If you're looking for clarity, tangible exercises, and active coaching, our traditional sessions may be best for you.

"Vent Session"
\$29 (15 mins.)

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This session is ideal for women who are struggling with:

- Making friends during quarantine
- Navigating a sticky situation with a current friend
- Experiencing anxiety over making a big friendship decision
- Understanding and coping with new dynamics in a friend group
- adjusting to the impact of a life transition on existing friendships

Full Coaching
\$79 (60 mins.)

What to expect:

We will have a full private session where you'll identify the pain point you'd like to unpack. Then, you'll share your issue, as I listen and annotate your story.

After you share, I'll pose prompting questions, assign appropriate exercises, and we'll close with homework.

You'll receive an email from me one week later to review your homework and make sure you're doing (and feeling) better.

Each client receives a complimentary copy of my book "Give it a Rest: The Case for Tough-Love Friendships" and is added to our private Facebook group for ongoing support.

(If you would like more extensive attention, you can enjoy a three-session package for \$219.)