

Change is the only constant we can count on.

It's time you made change your friend and not your enemy.

You have all the resources you need to succeed and be in charge of your own life. Life Coaching is about finding someone you trust to help you excel in life. By clearing out the mental and emotional clutter you have been accumulating for so many years, you will experience freedom to thrive.

Tharwat Lovett, MAP

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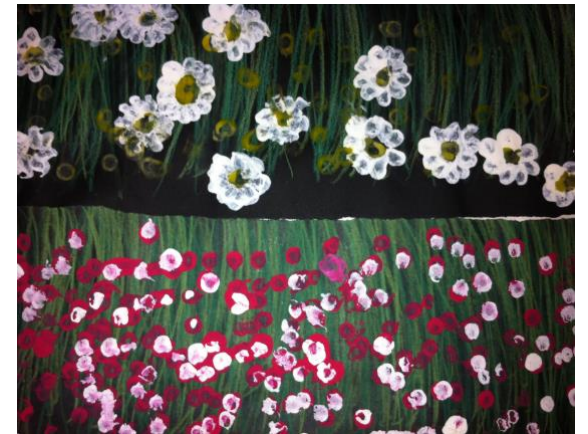
2024 Arkansas Valley Dr. Suite 308 Little
Rock, AR 72212

Tharwat
Lovett,
MAP

Life Coach

Emotional &

Psychological Wellness





Tharwat Lovett, MAP

Questions are like flashlights that shine into the dark corners of the mind. Answers are like light bulbs that illumine possibility. A life coach is a partner who helps you ask the right questions and then helps you find your own answers.

Nature of Service

Tharwat Lovett, MAP offers one-on-one counseling aimed at helping clients uncover their innate potential for emotional and psychological wellness. Client services offer individual support while achieving personal or professional goals or overcoming emotional or psychological obstacles. Tharwat Lovett, MAP shares her knowledge of psychology and unique perspective to assist the client in making their own balanced, rational and well explored decisions.

Benefits of Life Coaching:

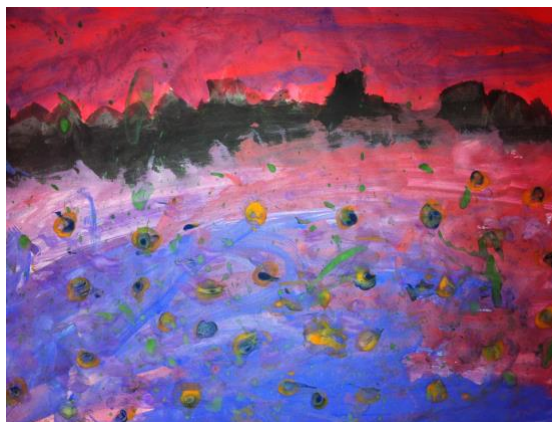
- Accountability
- Being Listened To
- Encouragement
- Independent Viewpoint
- Unconditional Positive Regard

A Life Coach Can Help You:

- Set Goals
- Cope with Pressure, Stress and Expectations
- Create Vision
- Identify and Release Negative Belief Patterns
- Motivate
- Analyze Performance
- Stay Focused
- Navigate Life Transition
- Make Important Decisions

Benefits of Life Coaching:

- Improved Quality of Life
- More Harmonious Relationships
- Greater Self Confidence
- Increased Work Performance
- Enhanced Life With More Fun
- Improved Time Management



General Information

Office hours are held 9:00am – 5:00pm on Monday. When necessary, client overflow or clients with conflicting schedules may be scheduled for Wednesday morning pending approval. Telephone or Skype sessions are available all other times. Telephone, Text or Email appointment requests to (501) 837-7893 or tsfahoum@yahoo.com.

SESSION FEE

Sessions may be held over the phone, Skype or face to face. There is a \$100 charge for a 60 minute session. A \$75 discount will be applied for clients who pay in advance for 4 weekly 60 minute sessions--\$325 for one month. Payment must be rendered at the time of service.

Contact

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