

YouTube Video

Welcome to Life Coaching by Lorene Cowan!

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NEW YORK, NY, September 16, 2013 /24-7PressRelease/ -- Life Coaching by Lorene Cowan, one of the leading life coaching firms in the nation, announced today a special program to help bring affordable career, life and wellness coaching services to those in need in the community as part of National Wellness Week taking place September 16 through 22.

"There are many people in our community that are still affected by the economic crisis and need some assistance with one-on-one career and life preparation coaching," Cowan said. "That's why we are offering some very special outreach efforts during this important time."

For all first time clients, Cowan will be donating one hour of coaching for free with the purchase of one hour during National Wellness Week valid for up to one year not to be used with any other promotions. She is also offering discounted rates for businesses and organizations that would like to have her speak on various wellness topics.

"I really want to get out in the community and enable others to succeed in the future," Cowan said. "The power of having a life and career coach is amazing and it is a passion I would love to share with others."

She is available to provide her service to clients nationwide via phone, Skype and even announced today her first efforts to take her successful program worldwide.

Last year, National Wellness Week events took place in 36 states and Puerto Rico. According to the United States Department of Health and Human Services, the initiative sought to focus on the intellectual dimension by harnessing the power of creative expression and encouraged

individuals and communities to make time for a creative activity to promote wellness.

"I hope my effort will help people feel more empowered to change their lives," Cowan said. "We all have the power inside of us to really make this an amazing world."

For more information about Lorene Cowan, or to book coaching time with her during National Wellness Week, please call 925-LOR-ENE1, email info@lifecoachingbylc.com or visit her website at www.lifecoachingbylc.com

About Lorene Cowan

Lorene is a graduate from St John's University with a Bachelor of Science in Communications. She has had the opportunity over the years to work and speak to some of the most dynamic groups of entrepreneurs from all over the country. Lorene has worked on various projects in real estate, entertainment, television, fashion, wellness and the beauty industry. With her entrepreneurial and wellness back ground she has helped guide individuals through specific and or overall aspects of their lives - from creating marketing strategies for their company's growth to working through personal life issues as well as managing wellness they maybe neglecting because of their busy life style.

Not only does she work with entrepreneurs, but she also works with everyone from the stay-at-home mom to the career climbers, seekers, and those in between. Lorene finds herself lucky to be touched by, and have the ability to work with, the lives of so many unique individuals and groups. The desire to help others take their business and lives to the next level gave birth to Life Coaching by Lorene Cowan, a Lifestyle Management Company. Lorene also brings her unique combination of personality traits (creative, balanced, etc.) along. Whatever your background - Lorene is looking forward to help you nurture and take your life to the next level.

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Life Coaching by Lorene Cowan Announces Special Outreach Initiatives for National Wellness Week

Written by Australian Business

Life Coaching by Lorene Cowan a Lifestyle Management Company directly embraces the concept of lifestyle improvement. Lorene will provide personal coaching to all or specific areas of an individual's life ranging from family to professional matters.