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Holiday Gift
Guide

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December 2019
VOLUME 10, ISSUE 124
azhealthandliving.com

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*Mandy
Moore
Poised to take 2020
by storm*

By Lila Baltman

Jennifer Jakobsen Life Coaching

A Phoenix mom finds success coaching others through life and motherhood

Most women understand just how helpful and comforting talking to a good friend can be. Sometimes, all a stressed-out, overwhelmed woman needs to help her through a tough time in life is simply a few long talks with a sweet, caring friend.

Jennifer Jakobsen of Phoenix - a married mother of three young daughters - has become that caring friend to numerous women all over the Valley and even in several other states. A large and growing number of women are choosing to call her each and every week, every other week, once a month, or whenever they feel the need for some very useful talk therapy, positive energy, and much-needed emotional support.

The reason why is because Jakobsen is a licensed, integrative life coach with a bachelor's degree in psychology, a Master's degree in social work, and years of professional experience working as a psychotherapist. When women call to speak to her, they very willingly pay her to be much more than a close, trusted friend. They literally hire her to be their very own, personal life coach.

Her rapidly-growing, successful life coaching business based out of her home in Phoenix is aptly named Jennifer Jakobsen Life Coaching.

"When I discovered life coaching, I was hooked," says Jakobsen. "I love the future-focused perspective of life coaching and really enjoy helping people get from where they are in life to where they would much prefer to be...If a woman is feeling 'stuck' in her life, I'm the one who can help her feel 'unstuck.'"



A native of Chicago who moved to Phoenix in 2004, Jakobsen, 46, can work with anyone who wants to reap the benefits of life coaching but her specialty, she says, is "Working with other moms because I believe moms have the most stressful job out there. We are often going 100 miles per hour and are so focused on our kids and everyone else that we forget to take care of ourselves. I help moms discover what is truly important in their lives, as well as find balance, so they can feel more joyful in motherhood."

Jakobsen explains that her role as a life coach is to listen very intently and ask powerful questions to get the client to think about where they want to be in life. She helps moms set realistic goals that are very manageable and will inspire them to move forward in life. She also might assign homework if the client is open to it and she holds her clients accountable for the personal goals they set.

"I am a very supportive and nurturing person who personally understands the pressures of motherhood and I am committed to treating each woman I work with as an



individual and to helping her get to a place of fulfillment and happiness. After working with me, my clients report feeling more empowered, more positive, clearer, and connected to themselves and others. They feel less anxious and have more insight into what truly matters which opens the door for success in all areas of life.”

Most of Jakobsen’s clients enjoy doing the life coaching sessions with her conveniently over the phone. Some mothers, however, do prefer to meet with her in person and Jakobsen is happy to meet with them at her home office. Her life coaching sessions have a set cost per month and that includes two, one-hour phone sessions and an unlimited number of texts and emails with her.

“In just one session with Jennifer, I had many great insights into what was holding me back from achieving my goals,” says Dr. Yasaman Tasalloti, a naturopathic doctor in Scottsdale. “She is highly gifted at listening to you and asking questions that invoke deeper inquiry. She is very compassionate and holds a space for you to find your way through the entanglement of your thoughts and emotions... I felt a clearing space in my mind after working with her and was able to accomplish my tasks more effectively.”

Jakobsen also offers a complimentary 30-minute session to see if life coaching is right for the client. “Coaching with me is definitely like having an amazing conversation with a good friend,” she explains, “but the topic of conversation will always be focused on you.”



Jennifer Jakobsen Life Coaching

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