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## Embracing The Life You Dream Of

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Jakobsen, Certified  
Life Coach

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# Embracing The Life You Dream Of

## Meet Jennifer Jakobsen, Certified Life Coach

By Brian Marcus



Family Embraced: Jennifer with husband Bryan, Alyssa, Keira, Tori



Let's face it... life can be stressful at times. Modern life is a careening carousel of hyper-activity... pulling us in many directions... even more so as parents. When we're not laden with anxiety, we're physically exhausted, mentally depleted, or (sometimes, yep) plain old unhappy. As Spring approaches, maybe it's time to embrace more happiness and balance in our lives?

So where does one begin? Where can we find someone who 'gets it'? Someone to help us overcome our obstacles, enjoy success with balance, hold us accountable (without judgment), and help us achieve a happier more energetic self?

As an integrative life coach, local resident Jennifer Jakobsen does indeed... *get it*. After many years in the psychotherapy field, she relocated to Arizona from Chicago, became mom to three daughters, and like many

others, still feels the pressures of balancing a husband and her family's needs without neglecting *herself* in the process (whew!). Jennifer realizes life is a balancing act—and it's not easy. By helping others figure out their lives, she can vastly improve the quality of life for those who are overwhelmed, feeling stuck, and stressed. To Jennifer, helping others discover a sense of balance and peacefulness is her *raison d'être*.

What are the most common issues that blunt a person's happiness and true life potential? "Not surprisingly, they are things we all face in our lives," Jennifer confides. "Anxiety, stressful life changes, self-esteem and relationship problems. Transitioning from high school to college. Entering the job force after college. Getting married, becoming a parent, moving, a new job or career, divorce, re-entering the dating world again, becoming healthier, dealing with a loss, etc. It can be tough for people to balance all that

they're tasked with doing—and happiness dissipates. That's where I come in."

According to Jennifer, life-coaching is a partnership using a thought provoking and creative process to help restore a person's personal and professional potential – while maintaining optimum happiness. "A session with me is a safe, confidential place for my clients to bring up any issue that has been troubling them. My first question is almost always, 'What do you want to accomplish by the end of our time today?' After I know what the client wants from our time together, we explore how to get there. My role is to listen intently and ask powerful questions to get the client to where they want to be. I might assign homework if the client is open to it. I also hold my client's accountable for the goals they set. If they are not making progress we explore roadblocks and look for solutions."



Alyssa, Keira, Tori Jakobsen



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*What's most satisfying about life coaching?  
"Restoring the joy in people's lives."*

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For many, coaching is a truly transformational and supportive process that helps people gain success in the things most important in their lives. Sessions can be done over the phone with text and email support if needed.

If you think coaching might help you find a better balance of happiness and harmony, Jennifer invites you to contact her for

a no obligation, complimentary phone session. "We all need help at times, and breaking through our barriers is more achievable than many think. When you think about it, life is short, and we should make the most of it. Every day of your life can be meaningful and joyful—and I'm here to help!"



**Jennifer Jakobsen, MSW, CIPC, Integrative Life Coach**

*With a Master's Degree in clinical social work, Jennifer has worked for years within the psychotherapy treatment orbit. More recently, she transitioned to her true calling, Life-Coaching, allowing her to help others in a positivity framed, future focused way. In person or telephonically, she provides a safe supportive place for her clients to maximize their personal and professional potential. Feeling stuck? Overwhelmed? Out of balance? Her specialty is helping women navigate difficult transitions in their lives, and achieve a balanced place of acceptance and peace. She can be reached at [jakobsenlifecoaching@gmail.com](mailto:jakobsenlifecoaching@gmail.com).*

Do you know an inspirational Inside Avi+Fi family or individual?  
Send nominations to [bmarcus@bestversionmedia.com](mailto:bmarcus@bestversionmedia.com).



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