

During the COVID-19 global crisis, and exclusive to Central PA Chamber members, Diane Weller Coaching is generously giving a FREE coaching session (up to 90 minutes) to anyone who would like to benefit from having an empathetic sounding board and a dose of encouragement.

Recognizing the impact that the pandemic is having on businesses and peoples' lives, Diane will create a safe space for you to release whatever is on your mind and will guide you to fresh perspectives. Diane often hears *"I feel better already just talking with you"*.

The science-based reasons coaching is essential in these difficult times:

- Coaching reduces stress
- Coaching helps individuals to acknowledge and be present to their internal emotional state
- Coaching helps keep the stressed brain flexible, open, and creative

**Contact Diane at (570) 765-2344 or [diane@dianewellercoaching.com](mailto:diane@dianewellercoaching.com) to set up a time to connect by phone or online.**

A sample of affirming words from real clients:

*"Coaching has given me the courage to do what I am doing."* - J. D., Pennsylvania

*"I have gained a clearer picture of my business and my life."* - L. P., Pennsylvania

*"You helped me tackle a major hurdle for both my business and life."* - N. E., Georgia

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Diane is a highly trained International Coach Federation certified coach and veteran remote worker who pioneered employee telecommuting in her unit of 500+ employees in 1995 and was asked to author telecommuting guidelines & policy. Diane has seen and understands the risks and benefits of remote work for both employer and employee.