



Phelps Strategies, LLC

Anna Grantner, Life Coach



Introduction Summary (Downloadable PDF)

Is a Limited Licensed Master Social Worker (LLMSW), author, entrepreneur, and has 20+ years of social work and counseling experience. She has over 13+ years of executive experience as a CEO of a non-profit agency & as president of her own consulting business.

Introduction

Anna specializes in co-actively working with her clients to build self-esteem, reduce self-sabotaging behaviors and embrace new habits and goals to ultimately live the lives her clients envision *for themselves*. Her ability to create a non-judgmental safe space, and empathically listen to her clients to get to the heart of the matter, helps them find their own voice and, ultimately, their own power.

Private Coaching Sessions

Working one-on-one or in small groups with clients, Anna's approach is there is **No Wrong Door** in how a client wants to pursue change. Although the coaching relationship is one of a partnership, the client is the expert and in the driver's seat while the coach is in the passenger seat navigating and guiding the process.

Anna's sole focus is ~~on~~ the needs and goals of her clients. She is a self-described cheerleader and encourager. ~~and~~ She uses these gifts to empower, problem-solve, and mentor the change clients need to live their best lives **NOW!**

Specialty Coaching Offers:

- Empowerment
- Leadership Mentoring
- Positive-Thinking

- Self-Esteem building
- Motivational/Change
- Weight Management (Weight/bariatric coaching)