



Phelps Strategies, LLC

Shell Phelps, Strategic Life Coach



Introduction Summary (Downloadable PDF)

Along with her husband, Shell is a co-founder of Phelps Strategies LLC, an international award-winning author, podcaster, holds a master's degree in Counseling Psychology, previously owned and operated her own private counseling practice with multiple therapists, has 20+ years' experience as a Human Resource professional and executive, SHRM-CP, (society of HR management certified professional) and is an entrepreneur.

Balancing Act Blueprint Course

One of the areas Shell specializes in is helping her clients find their work-life blend with significant success in climbing the corporate ladder. She teaches the four basic pillars: Access, Action, Adapt, and Advance to build positive-thought provoking changes with one-degree shifts that are sustainable. These pillars are built into an easy to follow 8-week online program that guides you each week to creating your own personalized work-life balance blueprint to map out your future success. Learn how to have it all. Have the career you want, get paid what your worth, and have the family you love without sacrificing. Bring back the balance to your life.

Private Coaching Sessions

As a strategic life coach, Shell focuses on solution-based strategies to help her clients get through life's greatest challenges and live a happier and more fulfilled life. She is a self-proclaimed recovering pessimist. As part of Shell's signature strategies, she teaches a way to make a one-degree shift to a better you by transforming one negative thought pattern into a positive perspective. This has shown to have long-term impacts.

Eight fundamental strategies were formed from her challenging past by overcoming poor decisions and unflattering circumstances that led her to writing an international award-winning self-help book "*The Big Bliss Blueprint*" along with the supporting workbook. She believes you do not have to have a fairytale history to live the life you deserve. Shell guides her clients to pursue their happiness and live the life they want.

Solution Focused Strategies

- Career Coaching
- Communication Enhancement
- Decisive Decision-Making
- Executive Coaching

- Goal setting – Personal & Professional
- Stress Management
- Relationship building
- Work-life Balance course