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LaChanda Dupard

Certified Life Coach, Founder and Inspirational Speaker

"Empowering individuals to find their **Life Balance** mentally and physically through inner peace, vision and passionate goal setting."



Everyone experiences inner doubts, worry, and turmoil because of situations called LIFE! We don't have to cling to the residue of LIFE; it's time to surrender every anxiety and fear to discover other ways to inner peace, clarity, vision and passionate goal setting.

- ◆ Discover ways to work through fear, guilt, shame, anger and grief
- ◆ Power up and overcome struggles
- ◆ Create better relationships and life/career transitions
- ◆ Set and achieve personal goals
- ◆ Embark on a Journey of "Empowerment, Self-Love and Self-Esteem"
- ◆ Discover your Purpose, Passion and Desires

Call for your Life Coaching consultation today at **214.953.9353** or email **ldupard@fitandfaithfulliving.org** and let's get started. Sessions are conducted via FaceTime/Skype or in person at our **office, 3102 Maple Ave, Suite 400, Dallas, TX 75201.**