



KATHARINA STEINER
CHRISTIAN LIFE COACH

Forgive & LIVE

REMOVING THE ADVERSE EFFECTS FROM PAST HURTS

INTENSIVE FORGIVENESS COACHING PROGRAM

COACHING METHOD

The harm is considered an emotional wound and treated as such.

INTENSIVE WEEKEND PROGRAM

You spend the weekend in Lynchburg, VA.

Start: Saturday 1:00 PM

End: Sunday 4:30 PM

INCLUDED IN PRICE

- More than 12 hours of coaching time
- 1 night lodging
- Delicious food: dinner, breakfast, lunch, and snacks
- Water, tea, coffee, and soft drinks

Did you get hurt in the past? Do you harbor grudges? Can't let go? Do you have problems with relationships?

Research from Steiner Coaching shows that unforgiven offenses severely impact our thinking and behaviors thus messing up our relationships.

Forgiving is not easy and involves multiple steps. My weekend forgiveness program addresses all elements of the emotional injury you suffered. Step-by-step, we go through the entire process of forgiving.

By completing this intensive forgiveness program, you will be released from the bondage of past harm so that you can move forward and live your life to the fullest.



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Life Coaching



As a Christian life coach, my mission is to help you improve your life based on the teachings of Jesus. I help you find direction, bridge divisions, overcome obstacles, and solve problems.

My coaching is based on my personal experience, the journey of my faith, and of course, inspired by the Holy Spirit. I also incorporate the skills gained in various positions and my formal and informal education in the fields of health, economics, and faith. Born in Switzerland, I use my cultural sensitivity and background to work with each person and situation individually.

My message to you: God invites you to be part of His glory!

For pricing or to order coaching, visit <https://steinercoaching.com/sign-up/>