SOULSHAPING® COACHING FOR

Spiritual Vitality

LIFE COACHING + SPIRITUAL DIRECTION



Coaching and spiritual direction, together.

Combine life coaching with spiritual direction for a fuller path toward spiritual vitality in every part of your life: your work, your relationships, and your soul.

WHO IT'S FOR

- People ready for deeper change
- Leaders feeling depleted
- People in major transitions
- Anyone wanting the whole picture

WHAT TO EXPECT

- Life coaching sessions
- Spiritual direction sessions
- One integrated pathway
- Steady support over time

FOCUS AREAS

- Purpose & next steps
- Prayer & attentiveness
- Healthy life rhythms
- Soul care that lasts

"Outwardly, I looked like I was thriving, but inwardly I was barely surviving."

Douglas J. Rumford
Founding President of Lorica Ministries, author of SoulShaping and Shaping a Leader's Soul, with 44 years of pastoral ministry.

Start with a free call.

FIND YOUR FIT

loricaministries.org