

## **Coaching Sessions while receiving a Manicure? What's that about?**

Mirage Hair Design and Wellness Center in Camp Hill, Penna. is pleased to announce individualized **Life Coaching** sessions while receiving a **Manicure** with Donna Davis.

As a Certified Life Coach, and Licensed Manicurist, Donna has designed an innovative technique to empower and motivate clients toward self improvement, change and personal integrity. Her expertise in the Behavioral Health field, assists clients to move beyond self limiting concepts, thoughts, and behaviors which often lead to feelings of inadequacy.

Coaching is not therapy. Therapy focuses on the past. Coaching focuses on where the client is today, what they want to achieve, and what steps are identified for accomplishment. Life coaching is the practice of helping clients determine and achieve customized personal goals. Most people have the intention to change or alter some aspect of their life, and loose motivation or self confidence. Donna works with you towards your goals, holding you accountable, while reinforcing that “change is really at the tip of your fingers”. Clients who decide to commit to change and self improvement, have experienced an over all sense of betterment, and achieve personal and professional satisfaction.

So why **Manicures** and **Life Coaching**? Donna has developed an innovative unique service by providing a Manicure while coaching the client toward their identified change. Utilizing communicative, visual, and kinesthetic basics, Donna has designed an interactive session which encourages clients to communicate then assigns the desired change to a finger tip. The finger tip becomes the focus of perspective. Short and long term Goals and steps for achievement are identified by the client and the coach with scheduled appointments for “touch up progress”.

A Camp Hill resident, Donna is a Certified Life Coach through Fowler Wainwright International Institute, and a licensed Manicurist through the Pennsylvania State Board of Cosmetology. She has a Master of Science Degree in Nursing from Wilkes University with more than 20 years experience in the Behavioral Health industry.

***For more information on how to schedule your confidential appointment with Donna to “Clean, Trim, and Polish your Life”, please contact Mirage Hair Design and Wellness Center at 717-761-1710.***