



# Sara Oliveri<sup>,MAPP</sup>

## Coaching & Consulting

Sara is one of fewer than 250 people in the world to earn her Master's degree in positive psychology – the science of optimal human functioning. Trained by the field's founder, Martin Seligman, Sara will coach you to apply the science of happiness & success to your life!

### Positive psychology answers questions like:

*When are people most satisfied with their lives?  
How can I make myself stronger in a difficult time?  
What creates the energy a relationship needs to succeed?*

## Services

**Life Coaching** - Sara can help you achieve your happiest, most meaningful life. Most coaching clients are thriving in some areas of life but feel they are lacking something important. Sara's approach is to help you apply your natural strengths in new ways, as well as helping you identify your most important areas for growth. Once identifying strengths, and opportunities for growth, Sara will guide you through change by developing a clear & measurable plan for progress.

**Lifestyle Coaching** - Sara can help you achieve your healthiest life. For clients trying to make a lifestyle change, Sara provides practical, step-by-step guidance. She combines her knowledge of positive psychology with her experience as a wellness professional to help clients identify and stick with realistic routes to their health goals.

**Relationship Coaching** - Sara helps couples build happier, more resilient relationships. Sara's work with couples is based on the research of John Gottman, who has studied more couples than any other psychologist. Sara can guide you and your partner through a program that teaches you how to amplify what is good in your relationship, and how you can make positive shifts in behavior and communication that will make you and your partner feel more satisfied and secure.

## Who can benefit from Coaching?

- 1 Individuals who want to **experience greater fulfillment** in at least one important part of their lives.
- 2 Individuals who want to **understand their strengths and identify a satisfying career path**, along with a plan to pursue a new career.
- 3 **Couples who want to deepen their connection**, enjoy each other more, or develop the skills to stay together.
- 4 Individuals who want to make a **significant lifestyle change** in order to improve their health. (i.e. weight loss, exercise, dietary change, stress management, etc.)