

Your partner in designing
your life.

My Background

I received my professional coach training through CoachU, Inc. and adhere to the ethical standards of the International Coach Federation (www.coachfederation.com). My coaching practice is also informed by an appreciation of human diversity and the many ways we offer our gifts: research on aptitudes and multiple intelligences, the Myers-Brigg, and the Strengths-Finder approaches.

I hold a Master's Degree in Intercultural Relations and have over a decade of experience working with individuals and teams of professionals in higher education on issues of organizational change and leadership.

What can I do for you?

Let's talk!

TFcoach@sover.net



More joy.
Less stress.
You know what
you want...but
how to start?

TFCOACHING ENTERPRISES.COM

Thara Fuller, Principal
48 Kimball Hill
Putney, Vermont 05346
TFcoach@sover.net



Start Now

“If you can picture the life you want, I can help you create it.”

Thara Fuller, Principal of
TFCoaching

As a professional life coach, my job is to assist people as they take charge of their choices and clear away barriers to their success—especially during major life changes such as a divorce, a career change, or new family responsibilities.

Coaching sessions, by phone, are times of deep thinking and planning which re-energize you and keep you moving forward toward your goals. I use powerful questions and activities to help you access your wisdom and your unique talents.



The flame and chalice are ancient symbols of vision and wisdom.

Choose a Program

3 Month Programs

Clear the Path!

Something needs to change but you can't see the way ahead yet... This intensive program will support you to:



- ⇒ Restore balance in your life
- ⇒ Identify and deal with obstacles in your path
- ⇒ Line up the resources and inner reserves that will serve you well on the next stage of your journey

Spring Ahead!

You know your destination—challenge yourself to stay the course!

- ⇒ Set your 3 month target and hold yourself accountable
- ⇒ Align your actions with your values and beliefs to move ahead as quickly as possible
- ⇒ Tap your unique gifts and your network of resources to achieve results

or Design Your Own

It's Your Life and Your Plan

Coaching is about growth and new levels of awareness; these take time. Choose the pace which works best for you.

Clients pay a monthly retainer based on the number and duration of scheduled coaching sessions (see plans below). Every plan also includes check-in calls, individualized reflection activities and email exchanges between sessions. Every time you complete 3 months of coaching you earn a bonus 30 minute session!

Standard plan:

- Two half-hour sessions per month

Silver plan:

- Three half-hour sessions per month

Gold plan:

- Two hour-long sessions per month

** I reserve a percentage of my practice for clients at the silver plan level who pay on a sliding scale.*

TFCOACHING ENTERPRISES.COM

48 Kimball Hill
Putney, Vermont 05346
TFcoach@sover.net