



# DANA LIGHTMAN, Ph.D.

Absolutely. Positively. Uplifting.

*“Create the outcomes you want. Regardless of the circumstances.”*

## Experience the Benefits of Dana's Coaching

- Do you have an area in your life that is not working for you? Are you on a downward spiral because of a specific issue?
- Would you like to gain clarity on a specific issue or situation?
- Do you want some assistance in reaching a goal?
- Is there a change you need to make and can't quite do it?

If you answered **“yes”** to any of these questions, why not schedule a coaching session.

We will work together to identify the negative patterns that keep you stuck, and I will help you focus on how to release these obstacles. We will simultaneously partner to ensure that you maximize your personal and professional potential. Coaching enables you to cultivate your POWER!

**To schedule your session, call 215.885.2127 or email [dana@danalightman.com](mailto:dana@danalightman.com).**

We'll find a time that works best for you. Payment is made in advance.