



MELISSA BOWEN

Counselor & Midlife Empowerment Coach

Licensed Professional Counselor & Supervisor
Clini-Coach®
Certified Daring Way™ Facilitator

TESTIMONIALS

The work we have been doing here has been absolutely liberating. I feel like a different person than what I was three months ago. I am starting to recognize the woman that is emerging. I have missed her! Angie B.

Working with Melissa has helped me to find my true sense of self. She is able to unlock your potential and identify blocks in your life. There are countless opportunities coming my way now and I credit it all to her. Thank you, Melissa, for helping me get my head out of my ass! Amy F.

LET'S CONNECT!

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📘 [@melissabowencounselorandcoach](https://www.facebook.com/melissabowencounselorandcoach)

📷 [@mycoachfriend](https://www.instagram.com/mycoachfriend)



I am dedicated to helping you connect to your awesome, authentic self, embrace your worthiness, and take courageous action to build life on your terms!

SERVICES

- 1:1 Coaching & Consulting
- Group Workshops
- Guest Speaking



Head here to download my free guide, "10 Tips on How to A.G.E. with Attitude, Grace, and Excitement"

www.melissabowencoaching.com

SPEAKING TOPICS

- Gifts of Imperfection™
- Daring Greatly™
- Rising Strong™
- Midlife Crisis to Midlife Reconstruction™
- Healthy Boundaries: Live life as a "hell yes" by learning how to say no.
- Identifying Values to Live Aligned and Free.
- Developing Emotional Intelligence to Master Any Situation