



DAVIS COACHING & CONSULTING, LLC
Certified Life and Wellness Coach · Life Currency™ Framework Creator

1:1 Coaching

Invest where it matters most.

THE MOST PERSONALIZED PATH — FULLY TAILORED TO YOU

Personalized coaching built on the proprietary Life Currency™ framework — structured guidance paced entirely around your goals.

1 Inventory



2 Reflect



3 Shift



4 Repeat

- ✓ Private 60-minute sessions, weekly
- ✓ Personal Rebalance Planner
- ✓ Virtual or in-person sessions
- ✓ Life Currency™ Assessment & toolkit
- ✓ Between-session email support

YOU MIGHT RECOGNIZE YOURSELF HERE

- You're productive but not fulfilled — busy but not moving toward what matters
- You say yes when you mean no, regularly and without realizing it
- You've tried to change before and it faded within weeks
- You feel stuck at a threshold — something needs to shift, but you're not sure what

This isn't a discipline problem. It's an alignment and investment problem — and shifting your energy is workable.

Weekly sessions · Virtual or South Shore, MA

"I finally have a framework for the decisions I used to agonize over."

— Former 1:1 client, South Shore, MA

Book a free 20-minute discovery call

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