

Coaching with Christy

Schedule Your Complimentary
Discovery Call today!

A Complimentary Discovery Call is a brief, no-obligation conversation designed to explore whether life coaching is the right fit for you. During this call, you'll have the opportunity to share your goals, ask questions, and learn more about the coaching process.

It's a relaxed first step to gain clarity and determine how life coaching can support you in moving forward with purpose and intention.



Christy Garison
Certified Christian Life Coach
christy@1rgministries.com

Contact Christy to see how coaching can improve
and impact your life.



1RG MINISTRIES