

*Welcome to*

**LIFECYCLES COACHING**  
**DR. BETTY A. LEITER, PSY.D.**

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Dr. Betty Leiter, a compassionate and gifted psychotherapist of 30 years, now incorporates her problem-solving, motivational skills and holistic expertise as mentor and coach to help women actuate their desired goals, passions and dreams. Dr. Leiter wears many hats: mentor, lifecycles coach and author.

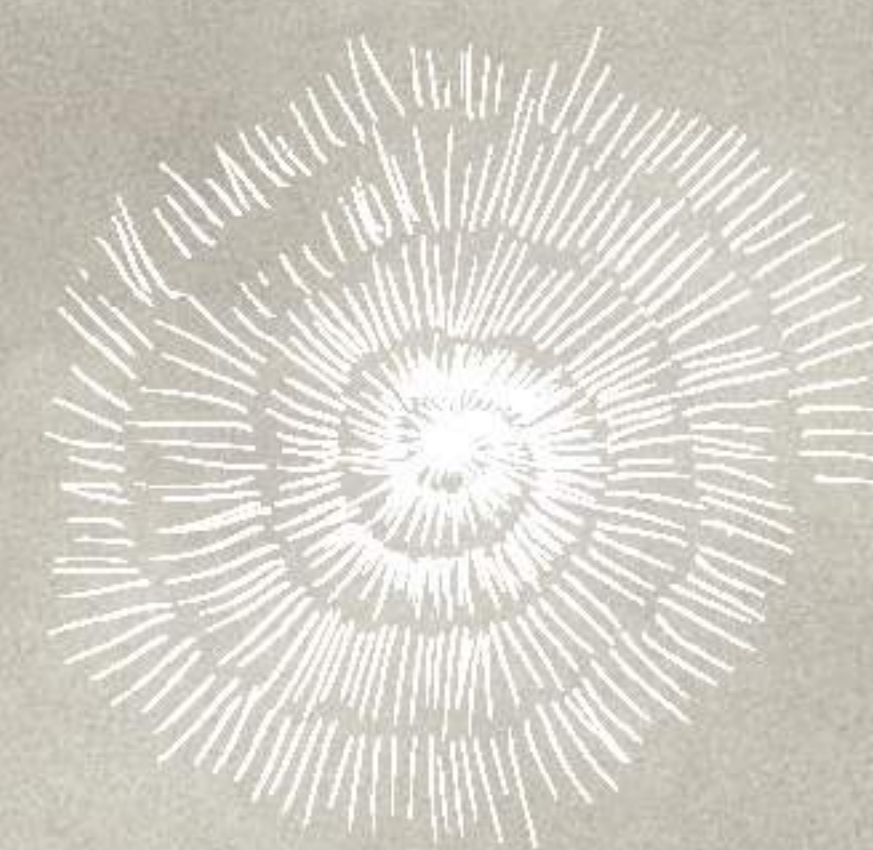
Dr. Leiter, trained as a school and clinical psychologist, with a Masters in School Psychology and a Doctorate in Psychology from Ferkauf Graduate School of Psychology. During her career, she treated children and adults in schools and private practice.

Lifecycles Coaching focuses on supporting women of all ages to pursue their passions; realizing their career goals; raising their families; finding love and achieving lifelong aspirations. Her core specialties revolve around work/life transitions, self-confidence and empowerment. Join Dr. Betty in a relaxed and comfortable Virtual Session, right from home!

Dr. Leiter is here to help you navigate your lifecycle challenges; Whether a midlife career change or a healthy retiree seeking a more challenging and productive retirement, Dr. Leiter is uniquely qualified to actively listen and help her clients find satisfying and creative solutions.

Sit down. Relax. Have a cup of tea. And let the process begin.

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**lifecycles**  
*coaching*



[lifecyclescoaching.com](http://lifecyclescoaching.com)

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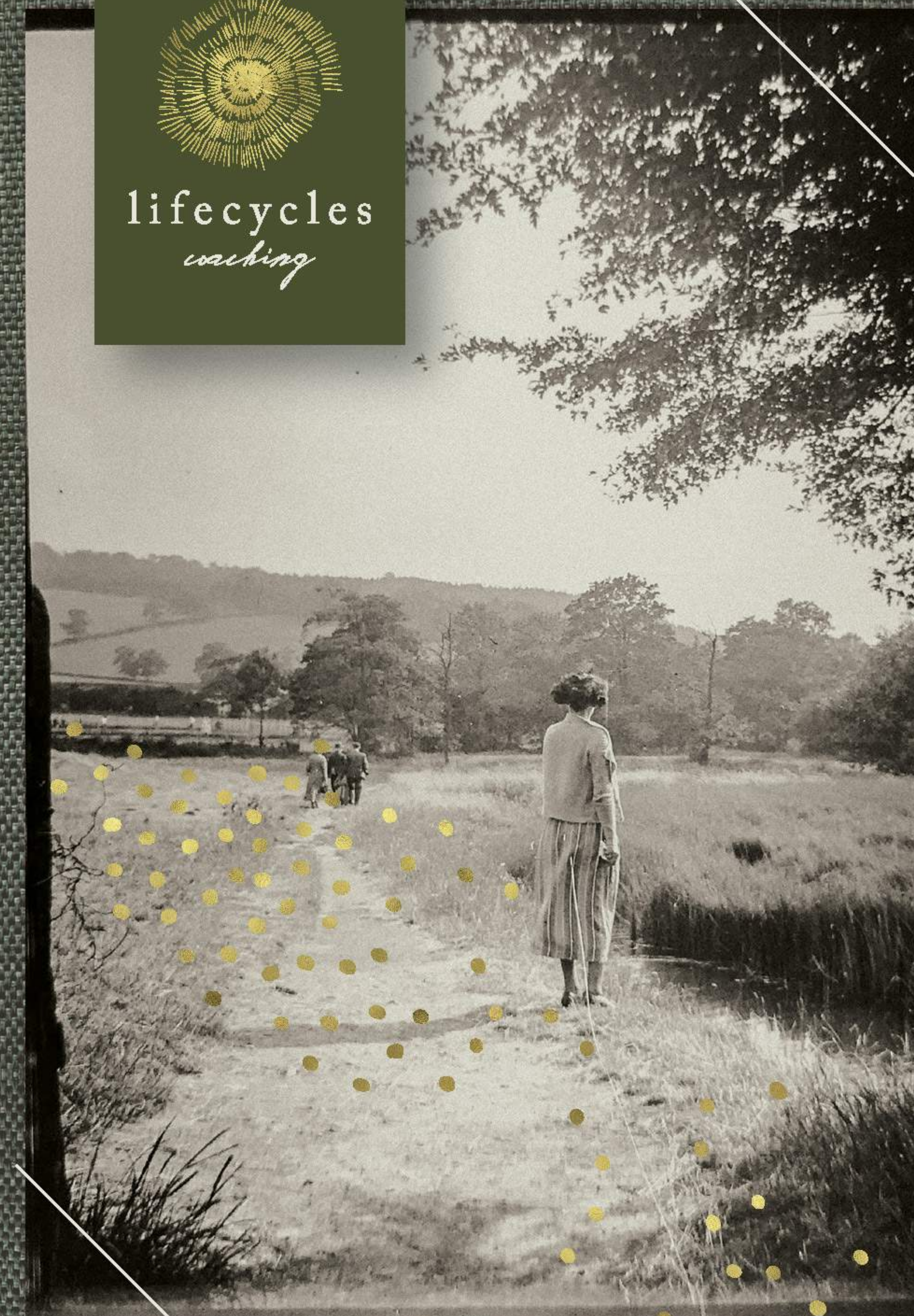
**BETTY A. LEITER, PSY.D.**  
**LIFE COACH | MENTOR**

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**CALL 623 252 8136**

**PHONE | ZOOM | OFFICE**  
**CALL FOR APPOINTMENTS**



**lifecycles**  
*coaching*



*what's standing in your way?*

**pursue YOUR PASSIONS**

**VIRTUAL COACHING**  
**DR. BETTY A. LEITER, PSY.D.**

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**coach | mentor | author | guide**





## A Coach:

- SUPPORTS THE CLIENT
- DEVELOPS MUTUAL RESPECT
- FOSTERS TRUST
- CONFRONTS CHALLENGES
- MAINTAINS MOTIVATION
- PROVIDES ACCOUNTABILITY
- HELPS ACHIEVE GOALS
- HELPS CULTIVATE A PLAN
- ENCOURAGES CREATIVE SOLUTIONS
- SUGGESTS STRATEGIES
- MONITORS OUTCOMES



GO CONFIDENTLY  
IN THE DIRECTION OF YOUR DREAMS.  
LIVE THE LIFE YOU'VE IMAGINED.

~ Henry David Thoreau

Coaching  
with  
Dr. Betty

IS LIKE  
HAVING  
COFFEE  
WITH A  
FRIEND



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*lifecycles coaching*  
ACCOUNTABILITY | MOTIVATION | GUIDANCE