



‘LIFE COACHING’

With JOANNE SPERANS, Volo Coaching

Life Coaching for Stronger Living through Cancer

Would it be OK with you if life got easier? Living through breast cancer presents unique challenges and opportunities. From the first hint that something might be wrong to the relieved-yet-watchful life after treatment, it’s easy to feel overwhelmed and powerless. There are so many other people to take care of, so many tests and treatment options, so many white coats. Often times our own reactions to various treatments don’t fit the mold, leaving us feeling even more powerless—at the mercy of every one and every thing outside of ourselves. More often than not we lose sight of taking care of our true needs, and can even let cancer define who we are. Imagine if you had a few simple yet powerful tools to help you take back some of your power. How might your experience of your cancer change?

In these introductory sessions, learn how coaching can empower you to reclaim your authentic self. Perhaps you slip into old roles (“the caregiver” who makes sure everyone else is okay; or “the strong one” who acts as though nothing has changed), or find yourself feeling as though you’ve lost your very identity. With the support of a Life Coach, you can learn to make subtle shifts that empower you – and even those around you – and allow you to live your life with greater Clarity, Focus, Ease, and Grace!

**BCC CLIENTS CAN RECEIVE THREE FREE INDIVIDUAL LIFE COACHING
SESSIONS WITH JOANNE
TO SIGN UP, PLEASE CALL BCC AT (650) 326-6686**

Bio: Joanne Sperans, MBA, ACC is a certified Life Coach and the founder of Volo Coaching. Volo, which is Latin for “to be willing, to soar” embodies Joanne’s approach to using small-yet-powerful shifts in our thinking and actions to make major changes in our lives. Having lost both parents to long-term illness and waging her own successful battle against breast cancer, Joanne is particularly attuned to how major life events can create the opportunity for positive changes in life for both patients/survivors and their loved ones. For more information, please visit www.volocoaching.com

All BCC programs and services are free of charge

*For more information about BCC or our programs/services
call (650) 326-6686 or visit us at www.bccconnections.org*

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