



*Cynthia James*  
ENTERPRISES

## **What Will Set You Free**

Certified Coach

### **Christy Belz (Colorado)**

Christy's passion lives in the empowerment of you, both personally and professionally. She is gifted at seeing you as a whole person, discerning, uncovering and helping to resolve the underlying issues that can keep you stuck.

Her own varied life events, her many years as a spiritual seeker, and her distinctive blend of non-profit and for profit expertise have given Christy a unique opportunity to see a broad scope of human experiences and transformations and a special ability to powerfully support you in your own situations.

Gifted at understanding people and helping them overcome obstacles in order to succeed, Christy consistently demonstrates her comprehensive understanding of what it takes to move people towards authentic self-expression while lessening negative repetitive patterns of thought or behavior, which in turn allows greater productivity, sustainability and personal freedom. Christy's commitment and unique expertise continues to help change the lives of many for the better.

### **Christy's specialties include:**

- Life Coaching
- Trauma Work
- WaveMaker and Core Dynamic Coaching
- What Will Set You Free Coaching
- Executive Coaching
  - The Leadership Circle Profile

Christy holds both a Bachelor's (BSW) and Master's of Social Work (MSW).

**Contact Christy:** [belzc@comcast.net](mailto:belzc@comcast.net)