

Anxiety Coaching

Improve your anxiety management skills

Joe Coleman, PhD (917) 283-2284

Are you anxious?

Do you overthink?

Do you want to improve performance?

Let me coach you. Reach out today.

**Liberty
Psychological
Services**

Why Anxiety Coaching?

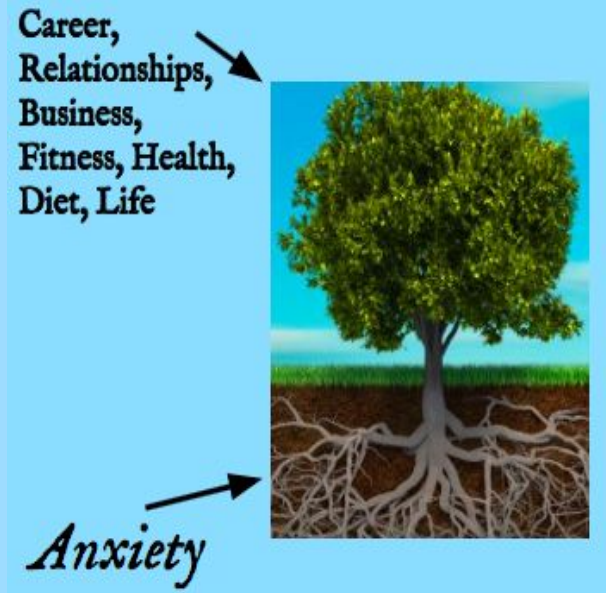
Coach Joe Coleman is a licensed psychologist

Revolutionize your view of anxiety

Improve performance and confidence

Feel inspired and challenged

Anxiety contains power: Harness it!



If other coaching topics are the tree...anxiety is the roots.

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Liberty Psychological Services

How does it work?

- We meet in-person or virtually
- Flexible schedule. Informal, comfortable feel
- We discuss what you understand about anxiety
- I ascertain what you need to target
- I explain the meaning of anxiety (you'll be surprised!)
- I provide materials, organization, and structure
- Each session focuses on your anxiety and your performance
- I guide and push you to better manage anxiety and improve performance (work, relationships, athletics, and more)
- I hold you accountable for making changes between sessions
- Together, we assess your improvement and ongoing needs

Who is Coach Joe?

Licensed psychologist in New Jersey & New York

Psychotherapist and coach based in Hoboken, NJ

Has years of training in anxiety, chronic pain management, psychotherapy

Has personal and professional experience in anxiety management

Young, social, energetic, caring, excellent listener

Has a passion for helping you feel and perform better

Not afraid to challenge and hold accountable



Coach Joe Coleman, PhD