



**Soul Purpose**  
COUNSELING & COACHING

**My Soul Purpose Is To  
Help You Find Yours**

[www.soulpurposetime.com](http://www.soulpurposetime.com)



# Career Counseling With Soul

Create A Clear Vision for Your Life and Work.

Are you feeling lost or a bit stuck when you think about your future? Do you need guidance as you consider shifting your life and career? Do you wonder what God is writing with your story? Take time to intentionally consider your Soul Purpose.

**This 5 session process will  
help you find your Soul  
Purpose by:**

- Exploring the beauty and pain points in your story
- Gaining powerful clues to your divine design, passion and calling
- Creating a vision for your life and work
- Asking others how they see you
- Naming your uniqueness and matching it with tangible outcomes

**How does this work?**

Each session has a special focus and includes homework and prompts to consider between sessions. You will also complete the MBTI and Strong Interest Inventory to gain personal insights.

**Who are You** - What are your interests and personality  
Review of Myers-Briggs and Strong Interest Inventory

**Looking Back** - Gain a sense of personal and professional history. Naming the tragedies and victories in your story

**Listening for joy and aliveness** - Celebrating seasons of clarity and living into purpose by paying attention to passion clues that appear

**Dreaming Big with God and Others in community** - Allowing space for you to think outside the box and seeing what Emerges

**Synthesize and Summarize** - Putting on paper the clues that have been gathered into a Life and Career/Work Vision Statement. This statement serves as an arrow pointing to next steps.

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## Shelley Pearson Garrett, MA, LMHC

People in the past have told me that I am warm, creative, intuitive, humorous and loyal. I have also been told that I am gentle with a warrior spirit.

Some of the professional titles over the years:

- Licensed Mental Health Counselor
- Case Manager
- Workshop Facilitator
- Faculty
- Academic Advisor
- Career Counselor
- Life Coach

In my life and work, I seek to create a safe and honoring space for others to experience life changes and to navigate vulnerable moments.

In addition, I offer personalized services to help you navigate internal and external struggles in your life. I am a Licensed Mental Health Counselor in Indiana. I also have the iPEC coaching certification and am an Energy Leadership Master Practitioner. I love working with individuals and groups providing guidance towards transformation and healing.

*"Honestly, Shelley is the best. She made me feel very comfortable and safe to express my thoughts, ideas, and issues about life and what a new career might look like for me and my family."*

*Stephen B.*

*"I would and will definitely recommend for others to do this program. It brought me a lot of clarity and confidence in who I was made to be and the experiences that I have to take me there. I got my dream job the day after we finished this course! So it definitely worked!"*

*Alli D.*

### Contact

Visit [SoulPurposeTime.com](http://SoulPurposeTime.com) for more info. Call 765.752.1994 or email Shelley at [shelley@soulpurposetime.com](mailto:shelley@soulpurposetime.com) to get started.

### Schedule

Soul Purpose sessions are typically on an every other week schedule. Soul Purpose is also available as a group class.

### Cost

\$575 (paid each session ~ \$115). There is also a \$50 one-time assessment fee.