



MENTAL HEALTH VITALITY

DR. TENAYE HAILU

LIFE COACHING

Dr. Hailu has 15 years of experience in the Professional Mental Health space. Since 2020 she has been a certified Life Coach from Maxwell Leadership and opened her schedule to Life Coaching clients within and outside of Oklahoma. She tailors her coaching sessions to each client's goals, abilities and disabilities. Individuals seeking tested and proven successful tools to better their life have found encouragement, hope, and skilled care with Dr Hailu. Below are examples of just some of the subjects Dr Hailu can support clients with in Life Coaching Sessions.

- Stress Management
- Life Transitions (Grief, Career changes, Illness, etc)
- Goal Setting/ Accountability
- Emotional Regulation
- Neurodivergence
- Parenting
- Relationships



RATES

Online Coaching Sessions
\$120/ Hour

TO BOOK

(918) 740 - 6195
tenaye@mentalhealthvitality.com