Welcome to Garland Smith's Coaching Blog

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My name is Garland Smith. I live in Rosenberg, TX on the Southwest side of Houston, Texas. I am married and have seven children, one of which is still at home. I have a bachelors degree in Mathematics from University of Southern Mississippi. I am a Coach-In-Training working on Life Coach certification specializing in wellness and weight loss.

My empathic nature combined with a heart-felt desire to help people is what has drawn me to coaching. As a coach, my focus is to help people develop a plan to reach their goals, dreams and desires. The coaching process clears away the mental clutter and helps you make changes that allow you to approach life with a fresh perspective, a revitalized sense of direction, and a renewed enthusiasm. I will help you move from where you are today to where you want to be.

Do you have a goal, dream or desire you'd like to work on? I'd love to give you forty-five minutes to find out what coaching is all about and how it might have value in your life. Are you ready, willing, and able? It won't cost you a thing. Contact me to set up a complementary coaching session.