

*Nothing ever goes away until it has taught us what we need to know.*

*Pema Chodron*

**I specialize in mindfulness-based life coaching with a focus on helping you optimize your emotional functioning so you can feel better in mind, body, and spirit.**



The better you feel, the better able you are to confidently address and resolve stress. The less stress you feel, the more clarity, motivation, and energy you will have at your disposal to make desired changes in your life.

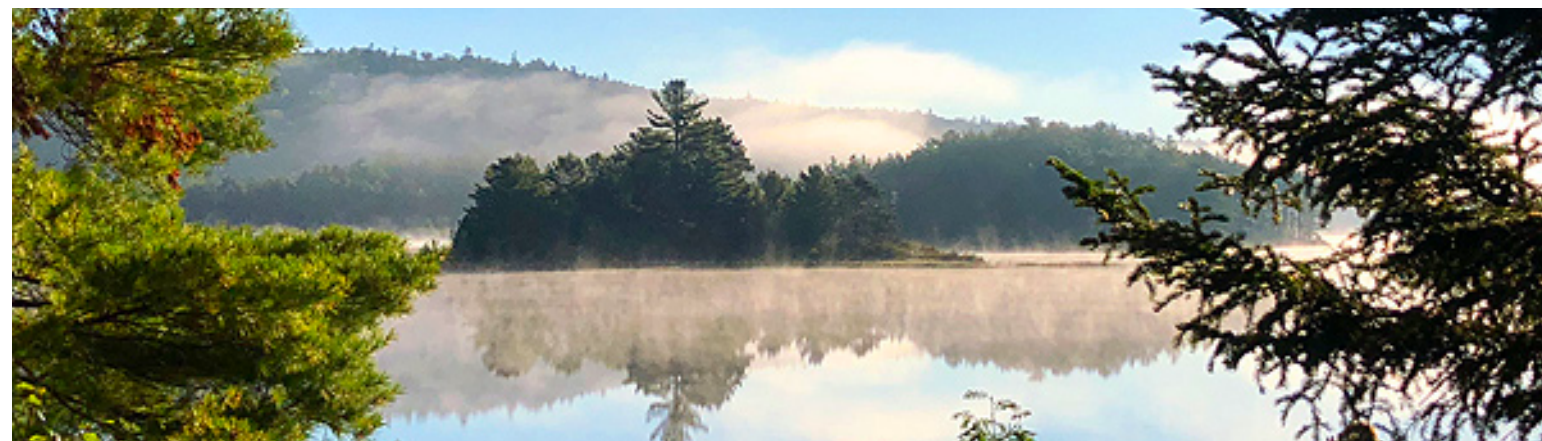
**While there is some overlap between mindfulness-based life coaching and psychotherapy or mental health counseling as you may have experienced it, they are also distinct in some important ways.**

**Choose Psychotherapy if:**

- You are currently suicidal or you struggle with recurring suicidal thoughts
- You have received crisis-oriented mental health services within the past 12 months
- You are currently engaging in or have recently engaged in self-injurious behavior
- You are actively addicted to alcohol, other drugs, or any behavior or habit which interferes with your daily functioning
- You prefer to be given a mental health diagnosis and related treatment plan

**Choose Mindfulness-Based Life Coaching if:**

- You like the idea of actively working toward specific goals and co-creating your plan for success
- You are ready to commit to your success
- You agree to a creative partnership: I provide the right method, process, and support and give you 110% of my expertise to help you succeed; you invest your willingness to jump in with both feet and take ownership of your outcomes



*Jo has an amazing ability to make this kind of work tangible and practical, breaking things down in a way that gives me a feeling of comfort, support, and empowerment...*

Renee J.  
Charlotte NC

**About Me**

**Practicing clinical social work for over twenty years in a wide variety of settings, I have seen a theme emerge:** despite the different reasons for people's emotional suffering, everyone wants to return to living with serenity, inner peace, and joy after having experienced heartbreak, loss, or grief. And their particular circumstances have seemed less of a factor than the kinds of challenges they faced as they tried to get moving again toward the life they want to be living.

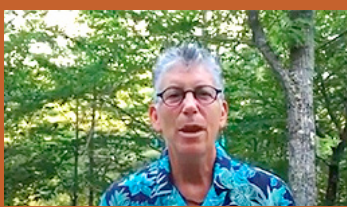
I can relate. After some tough times and big losses of my own, I took the best of what had helped both me and countless clients and launched a podcast, wrote a book, and founded **Jo Werther Coaching & Consulting** in 2014.

**To get a feel for me and my style, check out these short videos:**

Practice, Practice, Practice



The Four Ps of Inner Peace



Perseverance and Patience



It's All About Perspective



Knuckle-Cracking Might Actually Be Good For You!  
The Power of Beliefs

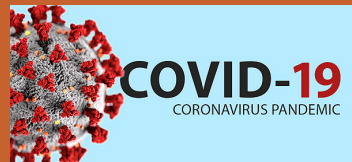


Lessons from Harry Potter



**Or listen to one of these podcasts:**

Coping with Covid-19: Tips for Teens and Twenty-Somethings



A Caregiver's Lament



Fairness is Beside the Point



*Jo is deeply perceptive and has a way of explaining things that speaks to the heart of my own thoughts and feelings. She's incredibly compassionate and I can tell that she really cares about helping me achieve the progress I came here to make. Well worth the investment.*

Linda B.  
Boca Raton, FL

**I would love to help you get free from whatever is standing between you and your emotional well-being. Shall we chat? Send me an email ([jowertherlcs@gmail.com](mailto:jowertherlcs@gmail.com)) and we'll set up a consultation. I look forward to speaking with you!**

