

## ❖ MEET JANELL

- Happily married to Rob for almost 30 years.
- Mom to Candace, Grant, Brooke & new husband, Aaron.
- Author, “Rock-Solid Families: Transforming an Ordinary Home into a Fortress of Faith” (AMG Publishers). Visit her blog, [www.janellrardon.com](http://www.janellrardon.com)
- Passionate about transforming relationships, one conversation at a time.

*Listen.*



Life happens right now.  
Janell's passion and purpose is to walk alongside of you as you make your fresh start.

## FRESH STARTS

WITH JANELL RARDON, MA  
LIFE COACH/COUNSELOR  
757-404-4810

[WWW.JANELLRARDON.COM](http://WWW.JANELLRARDON.COM)



*Breathe.*

## ❖ HEALING, HOPE, & HEART WORK

With mindfulness and intention:

- Address specific, personal/ marital/relationship issues.
- Reframe unhealthy behavior patterns.
- Learn new, healthy communication patterns.
- Heal the broken places in your heart or mind.
- Restore peace and find joy.
- Chart new paths and embrace life.
- Let go of the past in order to grasp a future filled with hope and joy.

*Change.*

## ❖ CONTACT

Learning and listening are key components to living a rich and rewarding life.

Schedule your first session right now and begin your journey towards personal freedom and wholeness.

Email or call for more information.

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## ❖ SPECIALTIES

“We were created for relationships. Everything about us was designed to live in close community and interaction with others. We certainly were not designed to go through life emotionally disconnected.”

-Dr. Archibald Hart

Janell's passion and specialties:

- ❖ Women's issues: anger, worry & doubt, anxiety & stress, negative self-image & identity, intimacy & sexuality in marriage, life-mapping & heart work.
- ❖ Marriage, Family, & Parenting: mediation, communication, intimacy, infidelity
- ❖ Transforming Relationships: Mediation, Communication, Behavioral Patterns

*Freedom.*