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## PRICING

In general, Paradigm Life Coaching Solutions provides services nationwide at standard rates and sliding scales ranging from \$100 to \$150 per hour. In-person sessions may be slightly higher to accommodate for any travel time.

Alexandra Birenbaum, MS, CAP, CSAT & Certified Life Coach, Owner and Executive Director of Paradigm, currently holds credentials through: IITAP, ICF, CTA & The Florida Certification Board as a Certified Addictions Professional. She also holds a BA in Psychology and an MA in Sports Management.

Paradigm's Twin Cities, MN coach is Kristine Odegard, BS, MA, NCGC-II & Equine Assisted Therapist



Life Coaching from an Early Recovery Perspective with Therapeutic Qualities

Nationwide Services via Phone, Skype, Facetime, Google Chat or In-Person (FL & MN)

Alexandra Birenbaum  
MA, CAP, CSAT & Certified Life Coach  
Owner & Executive Director

~ S U C C E S S T O D A Y ~

PARADIGM Life Coaching Solutions

(561) 351-3447

alex@paradigmlifecoachingsolutions.com  
www.paradigmlifecoachingsolutions.com

EMPOWERING Today  
ENVISIONING Tomorrow

# PARADIGM

## Life Coaching Solutions

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## WHERE REALITY MEETS POTENTIAL



### Welcome to Paradigm Life Coaching Solutions...

Imagine a life coaching organization embodying substantial expertise and certifications relating to the following:

- ◆ *Certified Life Coach*
- ◆ *Therapist*
- ◆ *Addiction Treatment Professional*
- ◆ *Sober/Recovery Coach*
- ◆ *Substance & Process Addictions*
- ◆ *Trauma Specialist*
- ◆ *Relationship & Sex Matters*
- ◆ *Family Issues*
- ◆ *Employment & Education Matters*

Paradigm Life Coaching Solutions is unique, in that we believe in the importance of providing deeper integration during the course of coaching and guidance. For instance, just as no two drug addicts or alcoholics are alike, such is also the case when it comes to the same two coaching clients. Each one possesses any number of past and/or present variables unique to them.

A truly effective life coach will possess not only formal knowledge but also a vast array of experiential knowledge, and Paradigm absolutely subscribes to this!

### Meet Alexandra Birenbaum

MS, CAP, CSAT & Certified Life Coach  
Owner and Executive Director



Having spent much of her adult life working in mental health treatment, most notably within the realms of various addictions, co-occurring disorders and general life guidance, Alex has developed Paradigm from an inherent desire to help others help themselves.

Alex brings over a decade of clinically based experience stemming from academics, hands-on expertise and a level of depth that effectively sets the stage for customized personal guidance strategies. In her own words, *"Paradigm's approach entails full-scope life coaching from a recovery perspective, with a therapeutic undertone."*

### Who We Work With

Paradigm Life Coaching Solutions provides nationwide services in the following formats:

- ◆ In-Person (South FL & Twin Cities, MN)
- ◆ Phone
- ◆ Facetime (iPad/iPhone)
- ◆ Google Chat (Android)
- ◆ Skype

In terms of the specific scenarios we specialize in, there are almost too many to list. However, below are among the most common situations we work with:

- ⇒ Integrating early recovery principles (post-treatment or at least 30 days clean) into ones whole life picture
- ⇒ Creating and following through on both, short and long term goals
- ⇒ Managing and resolving relationships, work, education, romance, conflict and more
- ⇒ Helping to persevere over trauma and co-occurring disorders
- ⇒ Helping and guiding family, friends, employers, etc.
- ⇒ Private and group sessions

There are of course many other scenarios we work with. In fact, based on our expansive history across many facets of behavioral health and life processes, it is not often that we encounter a scenario in which we are either not qualified or not able to work with. However, in such cases, Paradigm has an extremely broad nationwide network of specialists in which to refer to.



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