



MISSION MOMENTS

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Beyond Ordinary

If you met Brent today, you would meet a hardworking man in his 20s with a job, an apartment, and a girlfriend. And you would wonder what's so extraordinary about someone living an ordinary life.

Believe it or not, an ordinary life was exactly what Brent was looking for when he came to Tangram Life Coaching. In 2012, Brent was living with his parents, struggled with substance abuse, was unemployed, had low self-esteem, and described himself as an angry person.

Brent's parents learned about Tangram Life Coaching and felt that it would be a good fit for their son. Brent enrolled in the program and has significantly improved his quality of life over the past few years. He worked one-on-one with his life coach to determine what goals he wanted to work towards, including finding and keeping a job, living independently, and learning life skills like budgeting and organization.

Since he began working with a life coach, Brent and his parents have experienced very positive changes. Brent says that life coaching taught him how to be an adult and a better worker and manage his finances. His parents have noticed that they are less involved as "crisis managers" in their son's life and enjoy seeing him grow and become a happier, more stable individual.

"Life coaching has helped me a lot. [Life coaches] lift your spirits up—sometimes all it takes is that one person, like a mentor," reports Brent.

Though Brent still meets with his life coach, he is enjoying the life he always dreamed of. With guidance from his life coach, he applied for and secured a job in the meat department at Whole Foods where he has worked for over a year. He has earned a raise, is saving for a trip to Disney World, and hopes to move into a house instead of an apartment. "It's a skill and I'm learning a lot," he says about his job.

For many people, things like having a job, living independently, managing finances, and making social connections all come easily and are taken for granted. For people like Brent, these can be daunting. Fortunately, Brent found Life Coaching, which helped him and his family by providing the individualized support he needed to identify and achieve his goals. And his future looks brighter everyday!



Brent at work at Whole Foods

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