



Life Coaching & Alternative Healing

Raatz Life Coaching & Consulting (RLCC) provides life coaching for individuals looking for clarity and focus in their personal life. Clarity and focus are some of the foundational aspects allowing a person to truly know who they are, what their goals are, and execute plans to achieve them. A big part of achieving your goals is to recognize and heal any physical or energetic blockages that might get in your way.

Dwight has accumulated a lifetime of experiences spanning personal mindfulness practices to the black and white world of business processes and technology. He has a highly intuitive ability to see and hear the truth of what a person is looking for, even if the person doesn't really know themselves. These skills allow Dwight to help guide his clients to find solutions using a methodical and dynamic process of discovery.

Making changes in your life does not follow a singular path and requires a holistic approach. Dwight's own experiences with health challenges, mindfulness practices, spirituality and the corporate world gives him a unique perspective to relate to his clients on multiple levels. If you are ready to commit to making a change in your life, contact him for an initial consultation.

Coaching & Healing Services

- **Personal Life Coaching** - Coaching is about guiding you to the answers you may not even know you already have. This will empower you to boldly make the changes needed. The first step is to identify the goal(s) you have. Then you will step through a process that will find the answers you need to achieve your goals.
- **Breathwork** – This is designed to teach you how to use the power of your breath to bring about healthy changes in your life! The process of Conscious Connected Breathing (or Breathwork) allows your body to release trapped energy and toxins using a simple breathing technique. This method can result in; releasing past traumas, improved communication, and relationships, releasing tension in your body allowing greater relaxation and better sleep, ability to focus your mind, personal effectiveness
- **Intuitive Interactive Healing** – I believe healing is not a one-way street. You are as much responsible for healing yourself as I am in assisting you. Using my empathic / intuitive skills, I "listen" to what your energy is telling me you need. At the same time, you will listen as well and act on whatever your spirit or energy is guiding you to do. This could involve movement, vocalizations, energy healing or expressing yourself by speaking out loud whatever comes to mind. I highly recommend that if you are new to healing work and not sure what you want to do, please try an initial session of Intuitive & Interactive Healing.
- **Jikiden Reiki** – This is a gentle, hands-on healing therapy that transfers the balancing energy of Reiki through the hands of the Reiki practitioner. Reiki treatments are non-invasive, non-manipulative, and non-intrusive. Reiki means “universal life force energy”. It is a Japanese method of healing for improvement of body and mind. It is beneficial effect in helping every known illness. It attunes, develops, and supports the natural latent human healing energy. It also balances body, mind, heart and spirit.

**Contact Raatz Life Coaching & Consulting
to see how we can help you realize your personal goals.**

Email: coaching@raatz.com | Call/Text: (612) 269-6578