



## Chantel Allen

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The anxiety coach for LDS women — I help women who are stressed, overwhelmed and anxious, end their struggle without more meds or therapy. Change only happens within and I can show you the simple process to relief once and for all.

Instagram: [chantelallencoaching](https://www.instagram.com/chantelallencoaching)

Website: [chantelallencoaching.com](https://chantelallencoaching.com)

Private FB group: [Zero-Anxiety Mom's Club](#)



## Heidi Benjaminsen

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I help mothers of teenagers **lose** physical and emotional weight and **gain** confidence to be firmly grounded during the teenage years. My clients stop overeating and remain calm and anchored while their teens ride their own emotional rollercoaster. My clients work with me in private 1:1 coaching sessions, in a 13 week group coaching program, and my free, amazing Facebook group: Lose Weight and Gain Confidence with Heidi.

Email: [Heidi@heidibenjaminsen.com](mailto:Heidi@heidibenjaminsen.com)

Website: [heidibenjaminsen.com](https://heidibenjaminsen.com)

Podcast: [Hi, This is Heidi](#)



## Kristine Cramer

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The LDS Confidence Coach — I help women find joy and fulfillment in relationships and achieving their goals as they become their best confident self.

Email: [coachingwithkristine19@gmail.com](mailto:coachingwithkristine19@gmail.com)

Instagram: [@coaching.with.kristine](https://www.instagram.com/coaching.with.kristine)



## Jennie Dildine

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The LDS Mission Coach — I help pre/post LDS Missionaries end the battle with stress and anxiety, create epic, unwavering confidence and step powerfully into their potential.

Website: [jenniedildine.com](https://jenniedildine.com)

Instagram: [@jennie.theldsmissoncoach](https://www.instagram.com/jennie.theldsmissoncoach)

Facebook: [Jennie - The LDS Mission Coach](#)



## Crystal Haitsma

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Hey! I'm a Life Coach and homeschooling mom of 4. I got my BA in psychology and have spent several years studying human behaviour and parenting. I help overwhelmed mamas love being with their kids as much as they love being away from them. I am super passionate about positive parenting and LOVE helping moms find their own path within that realm.

Website: [coachcrystal.ca](http://coachcrystal.ca)

Instagram: [coaching.with.crystal.noelle](https://www.instagram.com/coaching.with.crystal.noelle)

Youtube: [Monday Mini-Trainings](https://www.youtube.com/channel/UCMondayMiniTrainings)



## Jenie Hunter

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LDS LGBTQ Life Coach — I help families in a non-judgmental, safe place, process all the emotions and develop strategies for building a stronger family while creating a stronger relationship with their Savior.

Website: [jeniehuntercoaching.com](http://jeniehuntercoaching.com)

Facebook: [jeniehuntercoaching](https://www.facebook.com/jeniehuntercoaching)

Instagram: [jeniehuntercoaching](https://www.instagram.com/jeniehuntercoaching)



## Jenny Larsen, MA

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Christian Life & Purpose Coach — I coach Christian moms whose kids are getting older.

Website: [jennylarsencoaching.com](http://jennylarsencoaching.com)

Facebook: [jennylarsen210](https://www.facebook.com/jennylarsen210)

Instagram: [@JennyLarsen210](https://www.instagram.com/JennyLarsen210)



## Marci Owen

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I help women leave the feeling "I'm not good enough" behind and love themselves.

Website: [marciowen.com](http://marciowen.com)

Instagram: [@marciowencoaching](https://www.instagram.com/marciowencoaching)

Podcast: [Find, Be, Love Yourself Podcast](https://www.findbe.com/)



## Mia Pappas

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Family Relationship and Life Coach — I can help you get the calm and connection you want around family.

Website: [miapappas.com](http://miapappas.com)



## Camilla Rasmussen

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The Goalkeeper Coach — Setting goals is easy, right? Keeping them is the tricky part. If you're looking for help in keeping your goals, and all that entails, then I'm your girl. Let's do this.

Website: [coachingbycamilla.com](http://coachingbycamilla.com)

Instagram: [@lifetakesgrit](https://www.instagram.com/lifetakesgrit)



## Sarah Reid

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I coach aspiring novelists.

Email: [sereid222@gmail.com](mailto:sereid222@gmail.com)



## Zach Spafford

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The Self Mastery Coach — I work with LDS couples and individuals to overcome unwanted habits, especially pornography use. My signature program has helped many stop unwanted behaviors that are holding them back from being the best version of themselves.

Website: [zachspafford.com](http://zachspafford.com)

Instagram: [zachspafford.selfmasterycoach](https://www.instagram.com/zachspafford.selfmasterycoach)

Facebook: [Zach Spafford - The Self Mastery Coach](https://www.facebook.com/ZachSpafford-TheSelfMasteryCoach)



## Danielle Thienel

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I help overwhelmed moms have peace of mind through every stage of motherhood, so you can show up as your best self, enjoy your family, and live the abundant life God created you to live.

Website: [daniellethienel.com](https://daniellethienel.com)

Podcats: [The Peaceful Mind Podcast](#)

Facebook Group: [Crazy Awesome Catholic Moms](#)



## Lindsay Buchan

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I coach employees who want to be more confident in their careers. If you're tired of the constant hum of anxiety and overwhelm from the next unknown escalation and constant change in leadership, this is the place for you. You'll learn how to confidently speak up, how to stop feeling like you're heading towards a coaching plan, and how to leave the daily stress and anxiety at work so you can enjoy your nights and weekends again. Start by taking my [free confidence course](#).

Website: [lindsaybuchancoaching.com](https://lindsaybuchancoaching.com)

Instagram: [@lindsaybuchancoaching](https://www.instagram.com/lindsaybuchancoaching)

Podcast: [More Than A Paycheck](#)