



Finding Balance Therapy
& Wellness PLLC

INTRODUCING
The Life Design Lab

A PROGRAM FOR WOMEN READY TO BUILD THEIR NEXT CHAPTER

You have spent years building a life for everyone around you. *This is your invitation to build one that includes you.*

A small, intimate virtual experience for women ready to reconnect with who they are, reclaim their energy, and design the next chapter of their lives with clarity and intention. Two sessions a month, at a pace that fits your life.

12
GUIDED SESSIONS

8
WOMEN PER COHORT

Virtual
2 SESSIONS PER MONTH

90 min
PER SESSION

DOES THIS FEEL FAMILIAR?

"I don't know who I am anymore. I feel like I've been living someone else's life."

You are stretched between your work, your family, your relationships, and your responsibilities — and there is nothing left for you.

You open your phone and everyone else looks calmer, more settled, more intentional. And you wonder what is wrong with you.

You know something needs to change. You just don't know where to start — or if you have the right to prioritize yourself.

WHAT THIS IS

Guided, real, honest work.

This is not a course. You will not be given a workbook and wished well. This is a small community of women doing deep, focused work together — led by a coach who has walked this road herself.

For more than fifteen years, Kelley Biskupiak, MA, CPCC has worked at the intersection of personal growth and career development, helping hundreds of women get clear in the chaos and build lives that reflect who they truly are.

"Purpose is not something you find. It is something you build. Intentionally and bravely."

THE WORK

- Your values — what actually matters to you now
- Your strengths — the ones you have stopped seeing in yourself
- Boundaries — how to protect your energy without guilt
- Relationships — how you show up for the ones that matter most
- Communication — including the conversations you keep avoiding
- Time and energy — a week that reflects your priorities
- Career and finances — direction, not just wishful thinking
- Your 90-day plan — a real blueprint for the next chapter

WHAT YOU LEAVE WITH

- + Clarity about who you are now and what matters most
- + Named values that guide your decisions going forward
- + A reclaimed sense of your own strengths
- + Real boundary scripts for real situations
- + Tools for the conversations you have been avoiding
- + A weekly structure that protects what matters to you
- + Greater financial awareness and one concrete next step
- + A 90-day plan grounded in your own values
- + A community of women who walked this alongside you

**Designed to work alongside therapy — not replace it.**

Many women who come to this work are already in therapy. Therapy helps you understand yourself — to process, to heal, to make sense of your experiences. This program builds on that foundation. It is where you take that understanding and ask: *how do I actually live differently now?*

The next cohort is forming now.
You do not have to figure this out alone.



Kelley Biskupiak, MA, CPCC

Certified Professional Co-Active Coach
Member, International Coaching Federation

beyoubravely.com

Apply today at <https://finding-bal.com/womens-coaching-cohort>