

# katerina sorrell

**Katerina Sorrell BA, MA, PPSC**

Katerina Sorrell is an expert in guiding others to amazing personal and professional life success.

Katerina combines a Psychology degree with a Masters in Counseling to give her clients the guidance and boost they need in order to overcome personal obstacles, remove mental blocks, eliminate relational barriers, and turn their attitudes and their lives around.

Over and over again, clients thank Katerina for providing both the practical information and the emotional inspiration they need. Without her expert help, many say they would still be stuck.

In addition to her successful work with adults, Katerina has served as a school counselor at the elementary, middle school, and high school levels, and is exceptional at helping young people with the difficulties and frustrations of life, school and relationships.



*"I could not be where I am today without you, Kat. I learned how to deal with stress & cope w/ my problems in a healthy way. Most important, I learned I'm not alone. Thank you."*

## let's talk about you

### specialties:

- Life Success Coaching
- General Anxiety
- Motivational Issues
- Personal Growth
- Situational Anxiety
- Interpersonal Communication Skills
- Phobia Reduction
- Depression & the Blues (non-clinical)
- Grief & Loss
- Couples & Relationship Issues
- Conflict Resolution
- Finding Purpose & Meaning
- Mindfulness
- Friendship Challenges
- Social Skills
- Mediation
- Peer Pressure
- Teen Issues
- Family Conflict
- Test Anxiety



## call katerina today!

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