

L THEORY *Experience*

LOVE. LIFE. LIBERATION.



925



501



510



478

Using my journey with infertility and divorce to transform the inner lives of women ages 24-44 in Dallas, Houston, San Francisco, Los Angeles, and New York

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Partnerships



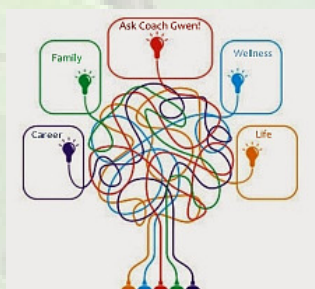
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"Ok, everybody nowadays is hanging their life coach shingle out for business. That being said everybody shouldn't be offering this service however this woman should be. Her guidance has been so life changing for me it is unbelievable. I mean my life was a total mess and it had come crashing in on me. A.C.Mims took me step by step and challenged everything I thought I knew to be true then helped me redefine what I now know to be true, honest and authentic in and for my life. She is the real thing. If you need to be redirected towards a truly authentic life...She is your new life coach." Cathy W. of minister-of-style.com"

"I sought the assistance of LTheory as a nontraditional college student already in my career. I needed help prioritizing my responsibilities and taking care of my family, while still finding time to take care of me. AC coached me through my most difficult moments and when I wanted to quit she encouraged me to keep going. No matter what the issue is, she always brings in a fresh perspective with specific action steps to improve the situation. She is amazing. I couldn't have found a better life coach. I will continue to use her services." JaChel R. of The JMRed Group

"AC is my rock star!! Because of her profound wisdom, I have adopted the practice of self-reflection. I am more in tune with my emotions and this causes me to step back and reflect on why I'm feeling a certain way and to examine possible triggers. There is a lot to gain from AC's wisdom. Personal growth will happen!" Lydia G.

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"She's amazing! Who would have thought this young lady who is 20 years my junior could help me with a relationship issue. I sought her advice because I was at my wits ends and didn't know how to handle it which cause undue stress in my life. AC navigated me through a series of questions pinpointing the deeper reason of my concerns. I was engaged in the outcome because I understood the root of the anxiety and how it affected my decision making process. AC was firm yet compassionate which allowed me to not only break through the fog but I was now able to articulate my response and move forward without fear or regret. I definitely recommend her services - packed with loads of arsenal." Denise A.

I have been going through a job transition where I have been promoted to a new leadership position. Naturally there are a lot of learning curves with a new position, but I was mentally having a hard time keeping a strong and positive mind set. While I put on a great face for my team that I supervise, on the inside I was not feeling strong and confident. AC was able to speak very specifically about the new mind set shift that I would have to have to be successful at my new role. She outlined the responsibilities that were new to me and just how important I was to my team helped me realize that because I am on the frontline fighting battles for them, I was allowing them to do their best work. I immediately was able to go in and really focus on how important my work was to the betterment of my team and it instantly boosted my confidence and shifted my focus to a more powerful light. She has also coached me on some specifics on how to take care of myself as a leader and how to also recharge and refresh. She spoke specifically to my position and has given me a plan and timeline on taking care of me. She also holds me accountable to going through with my plan. I have been so grateful to have her to walk me thru what has been one of the toughest transitions I have ever had to go through!" Mechelle R.