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LIFE COACHES AT GREG & TONY SALON

Greg & Tony Salon is breaking new ground in its personal services by making life coaching services accessible to its clients. Greg & Tony clients can now be taught practical and constructive approaches to dealing with personal issues by Suzanne Douglas Harris, one of Fairfield County's leading coaches. Patrons can also receive a 20 percent discount.

“This service is a natural extension of salons which women frequent to ‘take care of ourselves.’ We are excited to have Suzanne Douglas Harris’ professional and personal coaching services available for all of our clients,” said Greg & Tony Salon manager September Sirico.

Harris said, “I am delighted to be invited to be a resource for Greg & Tony’s clients. Our lives are so fast and so complicated. There is a real benefit to talking with a trained, objective, personal advocate.”

Harris cautions that coaching is not therapy. “Therapy is a long-term commitment which focuses more on the cause and treatment of problems. Coaching helps develop alternative solutions to current obstacles and frustrations, and helps define and achieve personal goals.”

People have used life coaching to manage life transitions such as facing the “empty nest,” the prospect of a spouse’s or one’s own retirement, shifts in relationships, managing midlife dating, finding a new career, or facing any issues where they feel the need for counsel without personal exposure.

As a part of this alliance, the Greg & Tony Salon and Harris will be collecting topics relevant to clients’ lives. Workshops will be held at Greg & Tony in the fall featuring these issues.

Coaching sessions are offered at Harris’ office, located at 40 Richards Ave. in Norwalk. To schedule, contact Suzanne Douglas Harris at 852-6532, ext. 2803, and provide the name of your Greg & Tony practitioner. For more information on Harris and coaching for professional and personal success, visit www.sharriscoaching.com.