

Alaisha Capers

Chronic Illness Life Coach, Multiple Sclerosis Warrior, Author & Speaker

BIOGRAPHY

Alaisha Capers is a Chronic Illness Life Coach and the Founder of Life Works Success Coaching, LLC; a life coaching business whose mission is to empower women with the knowledge, strategies, tools and renewed confidence needed to heal mentally, physically and emotionally. Her mission is to guide them and assist in the healing process as well as help them navigate various aspects of life while understanding the unique challenges that having a chronic illness proposes. Her core coaching competencies are emotional and mental well-being, self-care, goal setting and Reiki energy healing. She helps those suffering from various neurological, autoimmune and inflammatory conditions.

Alaisha incorporates exploration, introspection and careful analysis to ascertain your unique challenges and reveal opportunities to overcome them. She offers constructive feedback to elicit only positive thoughts and actions from her clients. She assist her clients in developing their unique vision considering their circumstances and help them overcome barriers that impede their healing, happiness and being at their best. Her approach to understanding her client's needs is profound and bar none. Alaisha helps others get through the thoughts, feelings and emotions that prevent them from successfully coping and managing their chronic condition as well as the social challenges that they may have. She also helps them get through the barriers they face in regards to general goal attainment and life fulfillment. She truly helps them open up new possibilities; spur them into action no matter where they are in life.

She has gone through a number of life transitions, both planned and unplanned. She understands that life is too short to wonder "What If" and she takes the same approach while supporting her clients. She has an enormous capacity to recover quickly from difficulties, and a unique ability to cope with stress and adversity which is an important element in managing chronic illness. She has overcome major life obstacles and personal crises. She understands what it means to navigate adversity on a daily basis, and knows how to use her challenges as opportunities for growth. Her own toughness has enabled her to redesign her life in the way that she chooses! She has the ability to understand the effects of chronic conditions on the human body, mind and spirit. It is with dedication and pleasure that she brings out the champion spirit that lives within each of her clients!

She blends her rich experience, education, training, intuition and first-hand experience to help her clients achieve great results. Alaisha – a former United States Air Force Officer has over 13 years' experience in a number of leadership positions. Alaisha holds a Bachelor's of Science in Psychology, and a Master's of Business Administration with an emphasis in Health Care Management. She is a Certified Coach Practitioner, Certified Reiki Energy Healer as well as a Certified Myers-Briggs Type Indicator Practitioner. Her immense understanding of the mind and the body greatly contributes to her ability to understand and successfully coach her clients. She feels fortunate to have found her calling in life and is passionate about making a difference in the lives of others.

Alaisha is located in the Washington, D.C. metro area. She offers one-to-one coaching sessions via telephone or Skype. She also leads workshops, webinars and public speaking events. Visit her website and blog. www.alaishacapers.com for more information.