



Empowering Young People to Thrive: Meet Ashley Gillen Long

As parents, we all want the best for our children. But what happens when life throws challenges their way, and they start to struggle with stress, anxiety, or feeling lost? That's where Ashley Gillen Long comes in – a compassionate and dedicated Therapeutic Life Coach with a proven track record of helping young people find clarity, confidence, and joy in their lives.

Ashley's journey began in 2007 with a degree in Person-Centred Therapy, and her passion for empowering others has only grown since. Over the years, she has:



- **Founded and led a charity** for 10 years, supporting children, young people, and adults affected by domestic abuse.
- **Worked in schools and colleges** since 2012, guiding young people through tough times and helping them build resilience and communication skills.
- Qualified as a **Senior Clarity Life Coach in 2020**, bringing new depth to her work.

As a Therapeutic Life Coach, Ashley blends the transformative techniques of life coaching with the empathetic approach of person-centred therapy. She supports young people in overcoming:

- Emotional and psychological challenges like **stress, anxiety, depression, and burnout**.
- Negative belief systems and behaviours that hold them back.

Through personalised strategies and tools, Ashley empowers young people to:

- Build **stronger relationships**.
- Boost **self-esteem and confidence**.
- Navigate life's obstacles with greater clarity and strength.

Ashley understands the struggles young people face because she's lived through her own share of challenges. Her warm, fun-loving personality and deep compassion make her not only a coach but a trusted guide for young people and their families.

Ready to Help Your Child Thrive?

Ashley offers a **complimentary discovery call** to explore how she can support your child. Whether they're feeling overwhelmed, lacking confidence, or simply need someone to talk to, Ashley is here to help.

 **Call Ashley** at 07767 777 876

 **Book a free call online:** [Click here](#)

 **Learn more:** [Trust the Process Now](#)

Don't wait—give your child the gift of a brighter, more confident future today.