

## **Lahra Tillman**

### **Description:**

I am a professionally trained Coach and Human Resources Professional based in the Boston area offering co-active and experienced based coaching for individuals or family members dealing with eating disorders. My practice is truth driven, centered on the needs of the client and built off of many solid years of recovery from bulimia and anorexia. Sessions can be in person or over the phone.

In this role I partner with clients in a thought provoking and growth orientated process that builds structure, confidence and accountability. I also provide support navigating and integrating recovery into external environments. Together we turn sensitivities into strengths, realize your resilience and discover the purpose and joy that life is meant to be lived for.

References available

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