



LLE Creative Coach

In-Home Activities for Mind, Body & Spirit



LLE Creative Coach idea began at my mother's kitchen table, where we painted, laughed, and shared music together. Those moments weren't just passing the time - they enriched her days, sparked joy, and kept her spirit shining.

Empowerment has no age limits, and our elders deserve to feel valued, inspired, and alive.

Bring more joy, creativity, and connection into your loved one day - right at home! **LLE Creative Coach** offers engaging, personalized sessions for seniors that blend arts & crafts, music, movement, and uplifting conversation in a comfortable, supportive environment. Whether you're looking for a burst of fun or a full creative experience, we tailor each visit to your interests and abilities.

Our Sessions

- * **Spark Session** - 1 Hour - A focused burst of creativity and connection. Perfect for energizing the mind and uplifting the spirit with a quick art project, music activity, or gentle movement session.
- * **Flourish Session** - 1 1/2 Hours - More time to explore, create, and move. Enjoy a balanced mix of arts, music, and light exercise for a relaxed yet engaging experience.
- * **Thrive Session** - 2 Hours - The full Creative Coach experience - a rich, immersive blend of activities designed to inspire, entertain, and promote well-being.

Why Choose LLE Creative Coach?

Dawn has years of 1:1 experience empowering others as an exercise trainer, direct sales motivational leader, Real Estate Broker/owner and is a Master Certified Professional Empowerment Coach! Dawn was also a live-in caregiver for her mother and was sure each day was one of love and joy; she knows the importance of providing value to the elderly.

Each **LLE Creative Coach** session is tailored to your interests and comfort level- Friendly, encouraging guidance- Supports mental stimulation, physical activity, and social connection - All supplies provided - we bring the fun to you!

LLE Creative Coach

Because every day deserves a little more color, music, and joy

Empowerment has NO age limits!