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The 30 Best Life Coaches In Singapore



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Everyone goes through the phase of feeling a bit lost and confused about every aspect of life, from relationship to career. Sometimes, all it takes is some help from the best life coaches in Singapore to help you figure everything out.

Hiring the best life coaches in Singapore comes with an endless list of benefits, including having someone to help in figuring out the easiest path towards achieving your goals. Life coaches can help you identify your strengths and weaknesses too.

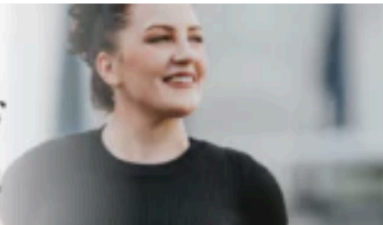
As our way of helping, we created a list featuring some of the most in-demand and best life coaches in Singapore for your convenience. Check them out below to see which one offers the services you're looking for.

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1. Kellyjo Coney-Khan

Building lives
without *limits*

This is the first and only premium boutique – bespoke psychotherapy and coaching service in Singapore. Kellyjo dedicates her life to engineering the lives of hard-working corporate individuals, entrepreneurs and executives like yourself to a short span of time, so that a time you want or deserve. Literally reprogramming you (or increasing) to a higher version of yourself.



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People who want to excel in all areas of their lives and build a life without limits. Her approach is neurobiological and is not considered a typical talking cure, it focuses on reprocessing the brain to an adaptive resolution, one without the current stressors weighing on a typical persons mind or generally to enhance a persons current performance in areas of their choice.

Renowned for her incredible and rapid results with clients in a short frame of time to meet their goals and needs, tidylodge is a premium boutique firm working with only one client per week or weekend.

She used her expertise in EMDR to create groundbreaking intensive programmes that help high functioning individuals better their lives. With EMDR there is a necessity for completion. These intensives allow for that process to occur.

She's been able to help government officials, lawyers, doctors, business leaders, tech executives, homemakers, and couples through these programmes she has created. There is an assessment for candidacy as not everyone maybe suited for intensives, especially those with certain underlying conditions.

We think that she's an excellent option for a unique and highly effective approach to psychotherapy and coaching for high functioning individuals.

Highlights

- Psychotherapist and executive coach
- Certified and accredited in Eye Movement Desensitization and Reprocessing (EMDR) therapy, masters level clinician and Executive Coach
- Created intensive programmes for high-functioning individuals whose invaluable commodity is time

Customer Reviews

Here are some reviews from her previous clients:

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“Kellyjo is simply amazing! She has helped me deal with various issues ranging from overcoming negative habits, resolving frictions at home and improving focus and confidence at work. Her effortless and pioneering use of EMDR can create surprising outcomes that may seem too good to be true. In a short span of time, Kellyjo has made a permanent impact on my life and I am grateful for her assistance.” – Leading Lawyer and Partner at Major International Law Firm, Male, Singapore

“Everyday I wake up I still think of my sessions. It almost feels sacred, all the sessions that I had with you and how powerful the impact was. Everyday I feel so grateful waking up without feeling any fatigue, and I don’t need to sleep for 10 hours to feel better. Now I sleep for 7 hours and I feel recharged, no fatigue at all and of course much more energized and ready for the day... I have been to talk therapy before, but only through EMDR I could finally fully heal and for the first time after years, I feel safe.” – Expat Homemaker, Female, Singapore

BEST FOR	Intensive Premium EMDR Therapy and Coaching
SERVICES	Intensive Private Intensive Therapy, Intensive Executive Coaching, Intensive Couples Therapy and Coaching
WEBSITE	https://www.tidylodge.com/
ADDRESS	Singapore
CONTACT DETAILS	bookings@tidylodge.com
OPERATING HOURS	Tuesday, Wednesday, Friday, Saturday, and Sunday: 10am – 6pm Monday and Thursday: Closed

Tidylodge is a company with a mission to bridge the gap between the fields of neuroscience, result-oriented executive coaching, and neurobiological psychotherapy with the use of EMDR and an intensive programme that allows you to work through your goals in as short a time as three days or over a weekend. The combination of these three things has shown to be effective with accelerating growth in crucial areas of the lives of individuals and couples.

The brain behind all of this is its founder Kellyjo Coney-Khan, MAPACS-L4, SAC, Psych. (APACS), M.A., BA, Dipl., EMDRIA Cert., AF-EMDR Accred. & AI-EMDR Accred. Licensed Clinical Psychotherapist (MAPACS-A211_8, L4 & SAC-D0342) Psychology Today Verified. She's an incredibly experienced and skilled psychotherapist and coach who works with executives and couples.

To add to this, she is also certified and accredited in Eye Movement Desensitization and Reprocessing (EMDR) and utilises this in the area of performance enhancement. She is extensively certified and accredited in her field of work and keeps up to date with the latest results driven techniques in the gold standard of psychotherapy, executive coaching, field of EMDR and working on an intensive model.

What we think is great about her is how she's been able to revolutionize psychotherapy by going beyond common coaching and therapy challenges. Her clients are high-functioning everyday corporate adults and homemakers.

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