

Jeff Releford

Hello, I want to give you a little bit information about myself, I was born March 12, 1990 In Merrillville Indiana. I have been in northwest Indiana my entire life. I love bowling and getting together with friends and family when time permits. I also enjoy going to my local church and want to start getting involved with doing more community outreach projects. I guess you can say that I live a normal life, but it was not until early January 2019 when I started to notice that a switch was starting to occur in my life. I started to recognize that God put me on this earth for a purpose. I started to go to church more and more looking for self-discovery in hopes of finding my purpose. One day I heard the Pastor say that God wants us to use the gifts that are inside of us to be a blessing to others. That resonated and sat with me very heavily until May I received my clarity on the path that I should go. When I was given the vision for Redirect Regroup Refocus this was one of the clearest things that I had ever seen in my life. On August 12, 2019 I was proud to receive my Life Coaching Certification from New Skills Academy. The purpose of this business is to Life Coach people by way of faith-based principles to be free of fear, negativity and doubt. Those are the challenges that we deal with daily. If we can tackle those inner limiting beliefs that shape the course of our lives, we can direct them in a more positive manner. Once this manner is achieved through these biblical faith-based principles the mind can be transformed and you can lead to a more fulfilling life in any aspect of life you wish to embrace. When Jennifer approached me about being a life coach to young girls I was thrilled about the opportunity. Our young girls need to know that self-worth and accountability are major roles in your personal development into your transition to becoming a young woman. I want to bring that dynamic to the organization to show them that they do have a voice. A voice that can be heard. I want them to know that making the correct decisions by way of positive action and being held accountable can be a beneficial learning experience for their lives.