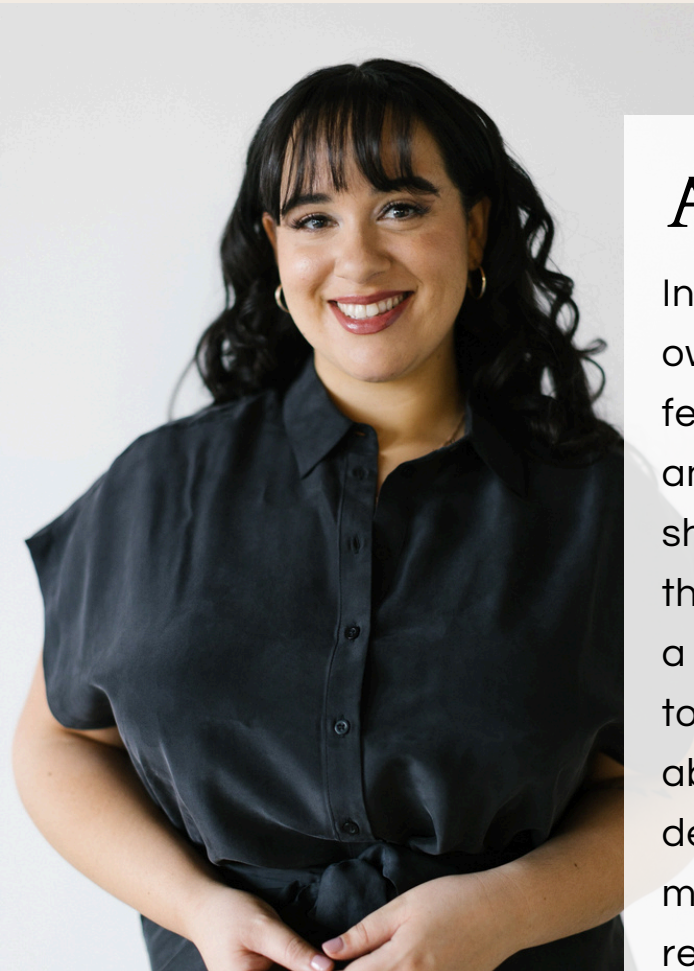


Coaching with Morgan Pommells



About Me

In a world that taught you to downplay your own pain just to keep the peace, I help you feel profoundly seen, deeply understood, and strong enough to trust yourself again. I show you how to stop abandoning yourself the way others once did, and how to rebuild a relationship with the parts of you that had to go quiet just to survive. My work isn't about vague advice or quick fixes. It's deliberate, grounded, and built to help you move forward: in your life, your relationships, and with yourself.

What I want you to know...

Growing up with an emotionally immature parent often meant living in a world where your needs didn't matter — only their approval, their comfort, and their version of who you were allowed to be. You spent years trying to prove your worth, chasing recognition that never came. And in a society that tells you to “move on” or “let it go,” I want you to hear this loud and clear: your feelings are real. You're not being dramatic or imagining things. The pain you've carried is heavy and I believe every word of your story.

Coaching for the Adult Children of Emotionally Immature Parents

In 1:1 coaching, we'll work together to untangle the patterns that keep you stuck — the resentment, the self-doubt, the fear of their judgment — and build the inner calm, nervous system stability, and clarity you've been craving. Most importantly, you'll stop living by who they needed you to be and start becoming who you were always meant to be.

Common issues I help you work through:

- Building a sense of self shaped by who you are, not by their judgments or expectations, so you can finally let go of the hurt that kept you small.
- Make sense of heavy emotions, like resentment and anger, that come from feeling invisible and never enough, so they no longer control you.
- Creating relationships where your needs and boundaries are honored, and where safety and respect are the foundation, not just ideals.
- Supporting couples where one or both partners grew up with emotionally immature parents, helping them break old patterns and build something steady and secure.

Good Fit Assessment

Growing up with emotionally immature parents impacts so many parts of your life, and it's okay if you have different goals in mind. Coaching is flexible. We'll outline the support you need in our first session, and if I believe therapy would serve you better, I'll be honest with you about that.

To be eligible for coaching, you must:

- Be *capable* of maintaining stable employment, whether actively working or not.
- Not experiencing active suicidal ideation.
- Have access to a primary healthcare provider for any medical needs.
- Reside in a safe, non-abusive home.
- Have sufficient access to food and basic necessities.
- Be following any prescribed medication regimens as directed by healthcare providers.
- Not be experiencing any current episodes of psychosis or major dissociation.

Coaching isn't effective until your safety and well-being are secured. Please prioritize therapy in your local area to address these needs before starting coaching.

**Feel like you're a good fit for coaching?
[Click here](#) to book your package!**

Click here to book your coaching package. Morgan's team will reach out to you within 48 hours of booking to arrange your first session.

FAQ 

Coaching for the Adult Children of Emotionally Immature Parents

What do we do in coaching?

Coaching is about moving you forward, even when the past feels like it's holding you back. Together, we'll tackle specific goals like releasing resentment and anger, building confidence, setting boundaries that actually work, caring less about others' opinions, and quieting the negative thoughts that keep you stuck. While we may look at the past briefly, it's only to help you move forward from where you are today—to help you understand what's standing in your way.

What can't we do in coaching?

Coaching and therapy overlap in many ways, but there are key differences. Coaching does not involve processing specific traumatic memories or treating mental health conditions such as PTSD or C-PTSD. Some techniques like EMDR or brainspotting are outside the scope of coaching. We don't create treatment plans, delve into the past without a clear purpose, or manage medical documentation for medication support. Our focus is squarely on your growth, and we do this without maintaining medical records or session notes, since coaching is not a health service.

Pricing and Frequency

How much does coaching cost?

Coaching packages are sold at \$1997 USD for 6 one hour sessions. You can buy as many packages you need. Monthly payment plans are available.

How often do we meet?

Some people like to meet weekly, but the majority of people choose to meet biweekly. Either option is available.

Is coaching covered by insurance?

No, coaching is not covered by insurance.

Can I do coaching with you if I live in Canada?

You can, but if you live in Alberta, BC, or Ontario and would prefer to do therapy, you can inquire for therapy with me [here](#).

What is the refund policy?

After booking a coaching package, there are no refunds – so you will want to make sure you are committed to the process!

What if I book and don't follow up with you?

I will make two attempts to follow up with you to schedule your sessions. If there is no response to these attempts, further follow-ups will not be made. You have a six-month period from the date of purchase to claim your coaching sessions. Failure to respond or make arrangements within this timeframe means you forfeit the sessions without the possibility of a refund.

[Click here](#) to book your coaching package. Morgan's team will reach out to you within 48 hours of booking to arrange your first session!

See what others had to say:

You helped me more than therapy ever has. I am so excited and honoured to call you my coach.

you are an amazing teacher! Thank you for sharing your wisdom and for helping people like me who were stuck in a never ending cycle of hurts and disappointments. Thank you, thank you, thank you



Morgan embodies a sense of safety and kindness that's rare to come by in a coach and in a teacher. Many can explain the concepts well to the students, but to create that sense of trust - trust that allows us students to dive into that truly vulnerable space with ourselves - is something that can only be done with the deepest level of compassion and empathy, which Morgan has so much of.

Morgan has taught me so much about myself. I can safely say I no longer care about what my mom thinks about me, which is so huge for me as an ACEIP. This work has liberated me in so many ways. Thank you so much Morgan

After 20 years of personal developments, I can say that Morgan is a master at her craft. Her way of explaining trauma and how to actually heal and start new ways of living are one the best I have ever experienced.