

Empowering the Rising Generation

Navigating the transitions of early adulthood

More signal

clarity, confidence, energy, meaning, beauty, peace, connection

Less noise

confusion, conflict, overwhelm, anxiety, self-doubt, depression, apathy, rage

Early adulthood can be a daunting and confusing time. Even more so during a time of cultural upheaval. Without the framework of a support system, many young adults feel ill-equipped to navigate key life decisions, develop a personal vision and to become fully independent.

I provide a foundation of support for you to address your current realities and courageously transition into new realities:

Current Realities	Deeper Possibilities
I've been cared for or enabled most of my life, and am not sure how to be entirely independent	I am a responsible, self-reliant, financially-independent adult
I struggle to maintain self-love and self-acceptance	I accept my humanity and like who I am
Despite parental guidance throughout my life, I still question my own foundational values and beliefs	I have a strong inner compass and know and act on what I stand for
I am missing clear direction for the next stage of my life and feel "stuck"	I am confident in myself and empowered about my life journey
I lack confidence or carry baggage in my relationships with my parents, my siblings, or within my extended family	I accept and embrace my role within my family, and have authentic relationships with family members
I feel the need to "measure up to" my parents' success and am afraid that I'll disappoint the people around me	I embrace my talents and pursue a life that is aligned with my highest values and passions
I struggle to initiate or be in a loving partner relationship ...or... to heal or draw boundaries in a dysfunctional relationship	I show up authentically either in ...or not in... a relationship with a significant other

Testimonials

“Talking with Alex was like being given Google Maps for my life.”

Lee, *Director of Operations in Marketing Agency*

"Alex helped me be grounded in today to create a path forward. He saw my positive qualities and really supported them. He is calming and grounding. Analytical but very heart-centered... helpful in finding balance."

Mel, *CEO e-commerce and services firm*

“Alex has an uncanny ability to be both incredibly incisive and also extremely empathetic at the same time.

He has the courage to call you out on your stories and narratives, yet also the compassion and gentleness for you to feel safe enough to actually examine yourself and your shadow sides & blindspots.

He pulls down from his encyclopedic knowledge of personal development. He reaches over with the deep care he has for the humans around him.

He played a crucial role in the darkest period of my life, and I'm forever thankful for his steadfast, loving, & reaffirming counsel.”

Anjan, *Founder & CEO technology startup*

“Alex has served me well with his ability and commitment to receive, hold and attend to my complexity. I've been able to come with my desires, questions, rage, lethargy, homesickness and he creates a roominess to explore all parts -- and then with skill and insight, guides me back to the path in a newly integrated way.

The experience of being present with Alex is like being in the presence of a sage/poet who has deep wells to draw from, along with a patient sensitivity. He considers and honors the moment and the human. There is an exploration for not only what will be supportive but what will be most fitting.”

Alexandria, *Artist and Photographer*

Personal coaching retainer

I provide resources and guidance for you to find your voice and your path, *and* to come back to them during life's ups and downs.

At its most basic: *We speak. Noise goes down. Signal goes up.*

Through our dialogue you *hone the instrument of self*. As you become more "in tune", you thrive and experience harmony in all aspects of life (career, relationships, family, health).

1-on-1 coaching includes:

- Life-exploration launching retreat
- Assess background, current life situation, and aspirations, identifying unique growth areas
- Weekly, 1-on-1, video-conference coaching calls
- Anytime support to address pressing life issues
- A foundation for self-confidence, self-discovery and personal exploration
- A whole-life blueprint identifying growth areas and action plans with explicit target dates
- Framework for and commitment to adult-to-adult relationship with parents
- Selected topical skills trainings (e.g., emotional literacy, networking, the job of finding a job, money)

How to get started

I offer a generous trial period to explore your situation and give you an experience of working with me before any commitments are made.

Let's speak: alex@alexbierach.com



Hi, I'm Alex.

My work is dedicated to inspiring and guiding leaders and their families into wholeness, helping them thrive and live harmoniously.

15 years of intensive training in human development has equipped me with deep subject-matter expertise and a highly-refined set of conversational skills that will help you get unstuck and grow faster.

My promise to you: **More signal, less noise.**

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