

# Jennifer Erickson Counseling



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## Self-Pace Video Coaching

Instructions for signing up and logging in (now and later). This allows you to start, stop, and re-start the Growing Self-Confidence Series at a time and place that is convenient for you.

As a note; this is not counseling and does not offer any personal therapeutic advice. This is a coaching web platform that offers general suggestions on how to create change.

Jennifer Erickson Counseling



Licensed in Virginia, Florida, & Utah

 Log In

Jennifer Erickson, Ph.D., LPC

4235 Innslake Dr, Ste 210  
Glen Allen, VA 23060  
804-531-4900

[Home](#) [About](#) [My Approach & FAQ](#) [Treatments](#) [Schedule Now](#) [Fees & Billing](#) [Contact](#) [Video Coaching](#)

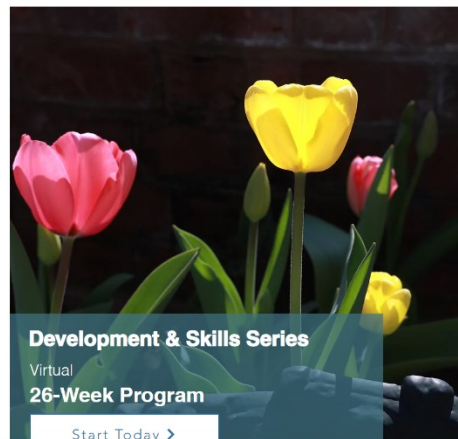
## Welcome to Video Coaching

Our 12 and 26-week courses will provide the necessary skills such as growing self-confidence, understanding change, changing perspectives, and mindfulness to list a few.

Use your new knowledge to enhance your Health and Wellness journey.



**Growth - Self Confidence Series**  
Virtual  
**12-Week Program**  
[Free - Start Today! >](#)



**Development & Skills Series**  
Virtual  
**26-Week Program**  
[Start Today >](#)

**Click – Free Start Today.**

The screen will change to this page, Click Join.

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## Grow Self-Confidence - Episodes

12

Weeks

5

Participants

 Everyone who has completed all steps in the program will get a badge.

Join

You will auto-scroll down to the bottom of the screen. You will click Join again.

If you are already registered, then click either option

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## Share

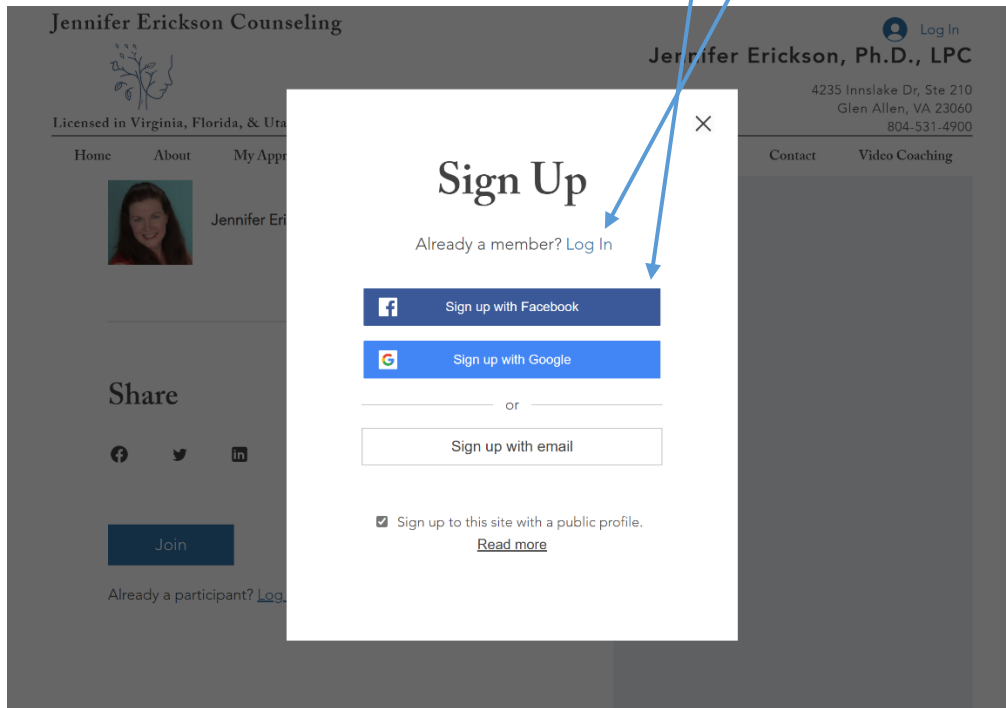


Join

Already a participant? [Log in](#)

As you “sign up” you will be asked to select how you log in.

If you are already registered, then skip the sign up, click on “log in”



Once you have registered or re-logged in, you will enter the “program” area.

**vClick start and start the program. Follow the prompts. Once you are done, it will start over. You can also review any episode by clicking on the number.**

The screenshot displays the website for Jennifer Erickson Counseling. The header includes the business name, a logo of a tree and a profile, and the text "Licensed in Virginia, Florida, & Utah". A navigation menu contains links for Home, About, My Approach & FAQ, Treatments, Schedule Now, Fees & Billing, and Contact. The main content area features a program titled "Grow Self-Confidence" with a sub-header "Episodes". Below this is a list of episodes: "Starting the Journey" (0/0 steps), "Episode 1" (0/0 steps), "Episode 2" (0/0 steps), and "Episode 3" (0/0 steps). A large portrait of a woman is shown, with a blue "Start" button positioned below it. In the top right corner, a user profile dropdown menu is open, showing options: Profile, My Subscriptions, My Wallet, My Orders, My Addresses, My Programs, My Account, and Log Out. Blue arrows point from the instructional text to the "Start" button and the "Log In" area of the dropdown menu.

**Once you are registered, you can use the "Log In" area to also see the account details.**

Not all of the “profile fields” have details, but if you click on “My Programs”, then you can see your program, when you started it, how long you can access it, and you have the option to manually leave the program.

The screenshot shows the profile page for Jennifer Erickson Counseling. At the top left is the business name and a logo of a tree with a face. To the right is the name 'Jennifer Erickson, Ph.D., LPC' with a notification bell and a dropdown arrow. Below this is the address: '4235 Innslake Dr, Ste 210, Glen Allen, VA 23060, 804-531-4900'. A navigation bar includes 'Home', 'About', 'My Approach & FAQ', 'Treatments', 'Schedule Now', 'Fees & Billing', 'Contact', and 'Video Coaching'. Below the navigation bar is a dark blue banner with a profile picture placeholder and the text '0 Followers • 0 Following'. A secondary navigation bar includes 'Profile', 'My Subscriptions', 'My Wallet', 'My Orders', 'My Addresses', 'My Programs' (highlighted with a blue underline), 'My Account', and 'More'. The main content area is titled 'My Programs' with the subtitle 'Check the status of your programs.' There are two tabs: 'Active' (selected) and 'Ended'. A single program is listed: 'Grow Self-Confidence - Episodes' with a small profile picture of Jennifer Erickson. Below the program name are the details: 'Price: Free' and 'Duration: 12 Weeks'. There are two links: 'View Program' and 'Leave Program'. A blue arrow points from the 'My Programs' link in the secondary navigation bar to the program listing.

I hope you enjoy the program.