

About

Rick Swope MEd, MS, NkD

- Rick dedicated 30 years to mental health and rehabilitation counseling before retiring*
- Recipient of the State of Oregon Excellence in Mental Health Award 1999
- Life Coach

Rick coaches adults to grow, develop, and change in ways that may have been unattainable without assistance.

It requires courage and hard work to engage in the coaching process. Rick creates an environment of creativity, collaboration, and support - giving you the tools you need to reach your goals.



*Mr. Swope does not provide counseling or mental health services

More Information

Phone

813-609-2237

Email

ortandoandsonllc@gmail.com

Location

In-person: Sun City Center, Florida

Online: Virtual appointments

Pricing

Free 30 minute Intro Session

- See if coaching is right for you!

Pricing and donation partners listed on the website

Testimonial

" I have discovered that even at age 72, I get to decide how to live my best life ever. Rick has helped me discover my inner strengths...and embrace with open arms whatever the future may bring."

-M. B. Florida-



ortando.com



Ortando & Son LLC

Life Coaching
Learn How to Be

What are you waiting for?

ortando.com

Meaning in Retirement

- Transitioning to retirement
- Improving life satisfaction
- Affirming spiritual utility
- Contributing to others
- Pursuing passion and purpose
- Finding the new you



Parents of Kids with Learning and Attention Differences

- Hope for families and kids with learning and attention differences
- Practical tools to use from the first session
- Educational coaching
- Modeling exemplars
- Connecting to resources



Adults Who Want More

- Life transitions
- Career Coaching
- Self actualizing coaching
- Understanding oneself and others
- Valuing intuition
- Effective ways of thinking

