

Mindset Expert Elaine Belson Debuts Exclusive New Coaching Practice for Purpose-Driven Women

Psychotherapist Shares Her Signature

Embrace Your Humanity!™ Method to

Help Women Overcome Imposter Syndrome, People-pleasing and Perfectionism

WASHINGTON, DC, UNITED STATES, October 13, 2025 /EINPresswire.com/ -- Leading mindset coach, speaker, and psychotherapist, [Elaine Belson](#), LCSW launches her coaching practice, Elaine Belson Coaching, with programs for purpose-driven women, featuring her signature Embrace Your Humanity!™ method. Based in Waldorf, Maryland, just south of Washington, DC, Belson's virtual private coaching helps women from around the globe break free from self-doubt, people-pleasing, and perfectionism so they can lead with clarity and confidence.

“

Embrace Your Humanity!™ is about tapping into innate abilities like emotions and values to make better decisions, and learn from mistakes by focusing on problem-solving instead of self-judgment.”

Elaine Belson

Belson says, “Women don't need to be perfect to lead, they need to be human. Embrace Your Humanity!™ is about

tapping into innate abilities like emotions and values to make better decisions, and learn from mistakes by focusing on problem-solving instead of self-judgment. I give clients actionable tools to self-validate, set boundaries without guilt, and lead with confidence in their careers and lives.”

Belson hosts “Ask the Therapist with Elaine Belson” on YouTube—a short-form Q&A series with under-a-minute answers to real mental-health questions. Drawing on three decades of clinical practice and her proprietary approach, she distills topics like anxiety, boundaries, people-pleasing, communication, and parenting into clear, do-now steps. Viewers can submit questions for future episodes and browse a growing library of bite-size tools.

With 30 years of clinical experience—including starting service as a U.S. Army Social Work Officer at age 42—Belson is also a frequent guest on podcasts, including the Montel Williams' show, “Free Thinking.”

Known for punchy soundbites and 40+ mantras, Belson offers programs for women seeking flexible, tailored support. Through one-on-one and group coaching programs, she provides actionable tools and guidance to overcome internal barriers and lead with clarity and confidence. Her programs build momentum with a personalized plan, text support, and mind-shifting worksheets for immediate results.

Belson has been described by her clients as “profound and thought-provoking,” “engaging and knowledgeable,” and “exceptional...with tons of clear, relevant content.”

One of Belson’s mantras is, “We don’t have a crystal ball to see into the future, but we can have a toolbox full of coping skills to take wherever we go. Confidence doesn’t come from predicting every outcome and controlling every variable,” Belson explains.

“It comes from filling up your toolbox and trusting yourself to handle the unexpected.”

To learn more about Belson’s programs or to inquire about media and speaking, visit elainebelson.com.

About Elaine Belson

Elaine Belson, LCSW, is a mindset coach, speaker, and psychotherapist who empowers purpose-driven women to break free from imposter syndrome, people-pleasing, and perfectionism through her Embrace Your Humanity!™ Method. Drawing on 30 years of clinical practice—including starting service as a U.S. Army Social Work Officer at age 42—she delivers practical tools to build confidence, clarity, and leadership. With today’s launch, her coaching practice is open to new clients, offering Mindset Jumpstart (3 weeks), Mindset Reset (6 weeks), and 1:1 coaching. Belson has been featured on Montel Williams’ “Free Thinking” podcast, published in Lioness Magazine, and hosts “Ask the Therapist” with Elaine Belson on YouTube. Learn more at elainebelson.com.

Heather Burgett



Elaine Belson, LCSW, Founder of Elaine Belson Coaching. Photo Credit: Magic Studio InstaHeadshots.

The Burgett Group, Inc.

+ +13106334801

[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/856935987>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.