



ALL THINGS • PRIVATE PRACTICE
Casale Coaching

Patrick Casale

PRIVATE PRACTICE COACH & STRATEGIST

THERAPIST | SPEAKER | RETREAT PLANNER |

PODCAST HOST | BUSINESS STRATEGIST



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Doubt Yourself & Do it Anyway

Patrick Casale is one of the most authentic voices in the mental health and entrepreneur space. He is a Licensed Mental Health and Addictions Therapist, Speaker, Retreat Planner, Podcast Host, and Business Strategist. He has been featured on Spruce Health, Brighter Vision, Not Your Typical Psychotherapy Conference, Modern Therapy Conference, Private Practice Startup, Abundance Practice Building, Selling The Couch Community, and more.

After serving his community as a mental health professional for over a decade, Patrick began to leverage his ability to build and create authentic relationships to launch a successful 7-figure group practice and a private practice coaching business, which has supported 100,000s of mental health entrepreneurs.

Patrick specializes in supporting people with the emotional and psychological components of small business ownership, especially impostor syndrome, self-doubt, and paralyzing perfectionism.

Patrick helps entrepreneurs Doubt Themselves & Do It Anyway by showing up authentically, sharing lived experiences, and modeling extraordinary leadership skills.

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