

Here's what coaches-in-training hear from their practice clients before they even graduate:

*“Lindsey encouraged me to recognize my fears and walked me through facing them head on. Learning to speak my truth was one of the greatest gifts she gave me.”*

*“Working with Dee has been life changing. I felt like I was working with a well-seasoned teacher/guide. It was like Dee has been doing this her whole life. It was absolutely one of the best decisions I have made on my healing journey. I am so grateful for the opportunity.”*

*“Working with Heather these past few months has deeply impacted my life. She is an absolutely wonderful coach and so very patient and kind with me. I learned so much about myself (and what I’m capable of) during our sessions.”*

*“I felt with this program I have made more strides to become a better version of myself in this short period of time than I have working with a cognitive behavioral therapist in 3 years. I have learned actual skills that I will forever intend to practice. I always looked forward to our weekly sessions, her patience is out of this world and I am forever grateful to have shared this experience with her.”*

*“Arianna is truly gifted. It is very rare for me to connect so easily and feel so safe and supported when dealing with hard emotions or life issues. She was able to hold space in a way that allowed me to explore old patterns and feelings with new eyes and travel through deep truths while feeling supported and safe. My session with her allowed me to let go of so much stored pain. I am so grateful for my sessions with her.”*

*“This journey has been life changing for me. I’m super blessed and thankful for the knowledge and experience I took from the meetings.”*

*“When I first started working with her I was going through a low point in my life and was experiencing a lot of anxiety and depression. Her knowledge of the content and her various ... made the transition to my "happier self" come naturally. I would recommend her to anyone who is in search of a more disciplined approach to engaging with their inner being.”*