

Essentials For Change

Parts of the Whole Wheel



Testimonials

I'm really working on the balance. In order to do that, I've been working to get myself organized at home and at work. I know that is the beginning and I am trying to stay focused so I've been a bit underground - there is much to organize because I was so all over the place as was everything else. I did it for so long it's been a process putting things back in order. I'm approaching it one thing at a time vs. all at once which becomes overwhelming and kicked to the side. I want to complete it this time so that I can grow.

I'm also learning to be more flexible if my plans get a bit sidetracked due to life (kids, car, etc....) and just get back to it. You have been very helpful in this process - you just don't know - but you have a knack for catching me at just the right moment; to make me pause and rethink things and get my perspective back and for that I am eternally grateful. **Kim**

Wanted to let you know how much I enjoyed the woman's group on Saturday. It was so informative, nurturing and spoke to my soul. God has truly blessed you with the gift of sharing in a loving manner, please never forget that. Women need women's' love and I love you. Have a blessed day, my sister. **Kelly**

Once I took the time to follow the 30 day protocol, taking action felt natural and was easy. The coaching process gave me a concrete plan of action. I quickly made connections between not just having a plan, but identifying the steps needed to incorporate the plan and how I could judge that the plan was working. **Tina**

Just wanted to take a moment to thank you for the wonderful workshop on Saturday. I learned so much and it just reinforced what I need to be doing on a continuous basis. **Linda**

I must let you know that I had a great time at your recently held symposium. **Cheryl**

I didn't realize how important my spirituality was in connection to all aspects of my life, until I started to examine what I really wanted in my life. **Liz**



Life Coaching Services