

Testimonial:

Marlena G. ~ Chicago, IL

I met Stacy on a flight to the East Coast in March 2006. I'm not one to initiate conversations with strangers so I was surprised to find myself openly chatting with Stacy during the flight.

It wasn't until the end of the flight that I found out Stacy is a Life Coach. Again, that surprised me because Stacy did not exhibit any of the typical qualities I would have expected from a person in the "self-help" industry. She was friendly and warm in a genuine way. She wasn't cheesy or preachy or trying to "sell" me her services. We exchanged contact information and parted ways.

After that flight, I felt my meeting with Stacy was like I'd just met a new friend. I was at a point in my life where I needed some direction yet I knew that the answers I craved were already within me and I just needed help uncovering them.

My curiosity about what exactly a "life coach" was, and how Stacy might be able to help me in my quest to uncover my true self, prompted me to contact her.

After many emails and questions answered, I decided to start the coaching process with her.

Stacy's genuine and honest approach to our coaching relationship has eased my fears of being taken advantage of by a "self-help guru." I thoroughly trust Stacy because she has always been upfront with me about the financial cost and personal expectations of the coaching process.

Stacy is easy to talk to, she is not judgmental, and she speaks from a real place – helping me to find my path in life.

By establishing a coaching relationship with Stacy, I feel I've found a person who understands where I am and is willing to walk beside me as I figure out who I want to be.

I've been looking for this kind of unattached, non-judgmental guidance for years. Unlike my experience with traditional psychotherapy, Stacy's coaching direction has allowed me to define who I am without feeling like my coach has all the answers and I just have to ask her the right questions to get clarity.

Stacy is able to recognize my behavior and the direction of my habitual thoughts, gently making me aware of my mental patterns, and then she leaves the decision to change or not change all up to me.

I have received more inspiration and personal insights in the last three months of being coached by Stacy than I have in a whole year of seeing a traditional psychologist. I'm so very grateful for Stacy's guidance. She is a truly authentic and honest human being.