
ADVICE FROM ALUMNAE

Members Only

*The harder you work for
something, the greater
you'll feel when you finally
achieve it.*

- ❖ Sign up for the private one-on-one coaching sessions.
- ❖ Review the learning materials and reflect on your progress.
- ❖ Engage and ask questions.

Sign up for the one-on-one coaching sessions.

2 sessions per month are included in the cost of your membership.

“After my divorce, I was feeling stuck in a number of areas of my life. For the first time in many years I was struggling to motivate myself to do the things necessary (and that I love), to pursue my dreams and my career as a writer/novelist. Kim helped me to reframe some of my ideas about myself and continues to pinpoint the areas that I can work on to improve motivation and self-image. Through insightful prompting, Kim provides clarity for the muddled minded (me).” ~ Dara

“The issue that brought me to coaching was a feeling of being stuck. I had come to a point where overthinking and indecisiveness were affecting the quality and timeliness of my work. It was also leading to a feeling of being overwhelmed, which was causing significant stress and feeling of depletion and low self confidence. Through the coaching with Kim, I was able to recognize that my overthinking is a form of procrastination which was driving the feeling of indecisiveness. The fear of failure and time slipping away is driving this inaction, which in turn caused stress and had a negative effect on my self confidence. Until the coaching with Kim, I had never made the cyclical connection of these actions and feelings. As a side benefit, I also have been able to recognize how much productivity affects my self esteem and self confidence. When I am productive and keep commitments, I feel better about myself, both physically and mentality. I was surprised by the definitive way I expressed this during our coaching.” ~ Wendy

“Thank you for taking the time out of the crazy to connect with me on a personal level. Your ability to listen and ask questions without judgment is astounding and quite frankly, impressive. Thank you for being a wonderful coach.”