

Testimonials - Coaching

Working with Connie has revitalized me and set me on course. I have been able to sharpen my vision, set priorities, and become highly motivated towards positive change in my life. She is truly an inspiring coach. This is very valuable work. I believe it has wonderful applications for all kinds of people in transition.

Anita Pandolfe Ruchman, R.N.
Health Matters



Before I began working with Connie, I thought my biggest problem was simply a lack of discipline. I was on my spiritual path, but I was feeling stuck in old routines and thought patterns. I wasn't wondering so much about what to do as how to accomplish it. I was finding teachers everywhere, in books, tapes and television, but I struggled to incorporate all this new information into my every day life. What I thought I needed was someone to hold me accountable to doing the work and staying focused. Connie helped me to identify who I was and why I wanted to do this work.

The exercises Connie has developed have helped me to become more familiar with myself in very specific ways. They have helped me to establish a basic foundation from which to start mapping my future. I had no idea how powerful it would be to have all of my skills, beliefs, values, interests, & dreams written down on paper. I saw myself both in more specific terms as well as in a "big picture" way. I have also learned to view my current life through a new awareness.

I believe the program Connie has created will provide her clients with a very specific and unique experience of themselves. She is a skilled listener, and has a gentle way of presenting new ideas. As a coach, she is patient, enthusiastic, and a constant source of encouragement.

Private Coaching Client



Thank you Connie for the feedback....The coaching was just what I needed. I have been doing some writing and planning about what I do and prioritizing. I'm working on eliminating the "try" and "should" and such.... It is fabulous to connect with you.

Private Coaching Client