



Client Review

"I recently embarked on a journey with Chantelle for personal coaching and have experienced a remarkable transformation. The individualized attention and tailored strategies have been the cornerstone of my progress. Here's a detailed review of my experience with personal coaching, framed around the four pillars that have guided my journey: Clarity, Accountability, Strategy, and Growth.

1. Clarity

One of the most significant benefits of personal coaching is the clarity it provides. Chantelle helped me identify my core values, strengths, and areas for improvement. Through insightful questions and exercises, I gained a deeper understanding of my goals and the obstacles hindering my progress. This newfound clarity has been crucial in setting realistic and achievable objectives.

2. Accountability

Accountability is another critical pillar that personal coaching offers. Regular sessions ensured that I stayed on track and remained committed to my goals. The consistent follow-ups and check-ins provided a sense of responsibility and motivation to achieve my targets. Knowing that I had someone to report to made me more disciplined and focused.

3. Strategy

A personalized strategy is where personal coaching truly shines. Chantelle developed a customized action plan that aligned with my goals and lifestyle. This plan included practical steps, resources, and timelines that were both challenging and attainable. The strategic approach helped me prioritize tasks, manage my time effectively, and overcome challenges with confidence.

4. Growth

The growth I have experienced through personal coaching has been profound. Not only have I achieved my initial goals, but I have also developed new skills and a more positive mindset. The continuous feedback and encouragement from my coach have been instrumental in my personal and professional development. I feel more empowered, resilient, and ready to tackle future challenges.

Overall Experience

My experience has been a transformative experience for me. The focus on clarity, accountability, strategy, and growth has provided a comprehensive framework for achieving my goals. I highly recommend Chantelle to anyone looking to make meaningful changes in their life. The investment in a personal coach is an investment in yourself, leading to profound and lasting results."

*- Erin Hartney,
Travel Expert & Coach*