



Cathy Laffan Coaching, LLC

Partnering to enrich lives

Success Stories

“Focused on her client’s success”

"Have you ever had the experience of working with a coach who helped you to know what the true answers are to questions you had not even thought to ask? A coach who draws out from within you an action plan to get from the starting place to the end goal for where you have always dreamed of being. Cathy Laffan is that coach. She is experienced, intuitive, skilled, caring and focused on her clients' success. I found the process to be life changing. I looked forward to my sessions because each time, an “ah ha” moment awaited me as she helped me to figure out what my next career move would be. I felt empowered, guided, supported and inspired. I highly recommend her services!"

Alison S., Director of People Success

“She listened to my concerns”

“Working with Cathy was a breath of fresh air for m. She listened to my concerns and issues, asking good probing questions along the way. She really got me thinking and helped me open my mind to realize new approaches to things. I would highly recommend Cathy to anyone looking for a straight forward coaching experience. She provides the support you need and helps you find the path that is right for you. Cathy was flexible with scheduling and respectful of my time. She was a true professional!”

Ellen M., Process Improvement Manager

“Changed my life!”

"Cathy thoroughly changed my life giving it a whole new perspective ever since I had scheduled for a 1:1 coaching session with her. It was one of the tough phases I was going through on a personal level but not only did she help me face the adversities boldly but made it less challenging coming out of it. Her 'Pearls of Wisdom' will go down a long way. Please block your time with Cathy Laffan if any of you would ever need a coach who can shape your life. I highly recommend her."

Juhi Chakrabarty, Tech Lead Education

“Excellent listener...”

“Cathy was recommended to me when I was in a tough spot both personally and professionally. Upon meeting with her, I could tell right away that Cathy was just the person I needed to speak with. Cathy is an excellent listener and knows just the right questions to stimulate the “ah ha” moment. Being coached was a very eye opening experience which Cathy has the tools and expertise to guide on through.”

Jon S., North America Futures COO

“Instrumental in helping me accomplish goals”

"As a coach, Cathy has been quite instrumental in helping me accomplish not only goals in my life but also allowed me to work through some rough times. Cathy holds the space for me to say my truths and be myself. I appreciate the coaching sessions being a place where her nonjudgmental style helps me be vulnerable. In addition, she has helped me see my situations from a vantage point I was blocked to notice. I appreciate Cathy's ability to help me take actions towards my intended goals or desires. She has been a good role model for me as well in that she is goal-directed, which has enabled me to mirror some of that in my own life."

Rhonda S., Transcriptionist & Coach

“Probing questions lead to deep thinking”

“Cathy is an excellent coach! Her curiosity and ability to listen and ask probing questions, has served me well. During our sessions, Cathy makes room for me to apply deep thinking towards my situation, which typically results in meaningful problem solving and action planning. I always look forward to meeting with her. Our sessions always flow effortlessly. I highly recommend Cathy, especially if you're looking to address, and make progress in areas of your life!”

Dionne V., Talent Executive

“She challenged me”

"Cathy helped me think more deeply about how to manage up and say no to project overloads. She also challenged me to develop new ways of leading people who do not report to me directly. Over time, Cathy engaged with me to discuss and question my current thought process and guided me to a point where I was more comfortable sharing my priorities and strategies with peers and leaders."

Shell Y., Communications Manager

“She asked excellent open questions”

“Cathy is very efficient and has the session moving along by asking excellent open questions including what I wanted to experience or accomplish in the session. She challenged me by asking why I put myself last when interacting with customers. This opened the session to deeper exploration of boundaries, money and looking for win/wins by involving my customers in proposing solutions. This gives me the space to evaluate how the solution meets my needs. Cathy’s questions were non-judging while challenging me.”

Laura C., Coach & Business Owner

“She gave me the capacity to push through my blockers”

"I was amid a career change and was struggling with defining my core values and career options that aligned with those values. Cathy was the perfect sounding board that allowed me to work through the self-discovery I needed to do to move forward. She kept me on task and had a neutral, easy-going approach that facilitated open conversation and gave me the capacity to push through the blockers I was struggling with. As a result of Cathy's coaching, I was able to dive into a new career with the confidence I would not have had otherwise."

Tony F., Science Educator

“She enabled me to find perspective and clarity”

“Cathy has enabled me to find perspective and clarity resulting in significant personal and professional growth. Throughout our sessions, she asks what I want to work on, listens closely, poses questions about my past experience and reactions, and suggests reflection exercises. This approach has resulted in me seeing life with a different perspective. Through my work with Cathy, I have a new understanding of past challenges and am now able to approach similar current situations in a different and healthier manner. Since I began working with Cathy, I have improved my physical, emotional, and spiritual health. I highly recommend her as a coach if you want to be calmer, happier, and healthier.

Terri M., Commercial Banker

“She asked the right questions”

"Cathy helped me to break things down into bite size pieces that I could achieve. She asked me the right questions to help me get out of my own way. When I could only see the problems, she reminded me of the things I had accomplished and celebrated my success. As a result of coaching with Cathy, I have been able to settle into my 'new normal' and am feeling balanced.

*Rebecca Nash., Learning & Development
Professional*

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