

Coaching/Mentoring (Female-40's)

Ideas aren't my issue with getting things accomplished. It's the rest of the process that challenges me. Figuring out which ideas to pursue, sketching out a manageable path to execute them, then getting projects over the finish line – they were all overwhelming to me until I worked with KT. With guidance, examples, and encouragement, KT enabled me to push through my personal barriers and pitfalls. She worked with me as an individual to develop the discipline and confidence I needed.

I now know how to choose worthwhile ideas and see them through to fruition, using my time and efforts more efficiently. I can break projects down into manageable parts and hold myself accountable for deadlines. This has dramatically changed both my productivity and my self-image. I still have many things to work on, but I am no longer overwhelmed by big goals or challenges. Now I embrace them as opportunities for growth and change. I attribute all of this to KT's influence and encouragement. Working with her will change your mind and your life.