

Testimonial for Kristin for Life Coaching Services

Submitted by Kristin's client AG who has been working with Kristin since Fall 2021

Kristin's my hero!

I first encountered the up-beat, energetic force-of-Nature that is Kristin when she came to my work place to present a seminar on mindfulness. Kristin's confidence, positivity, and enthusiasm immediately struck me as something I wanted for myself.

So when I found myself a couple of months later realizing that I felt hopelessly stuck in a place in my life with very little to look forward to, I immediately thought of Kristin's Life Coaching services as a way to access the can-do, hopeful attitude that I so desperately needed.

And indeed, working with Kristin has been a life-saver!

First of all, she's provided me with someone to safely talk through the negative attitudes that have kept me stuck--just being able to share my worst fears with a supportive listener has been a great relief.

But the real magic of working with Kristin is her patience and persistence in gently opening my mind to new possibilities for a more joyful, fulfilling life. With Kristin's help, I've been able to let go of self-imposed barriers and take action toward real change not only my day to day life, but in my attitude about what is possible in the future.

I can highly recommend Kristin's Life Coaching services to anyone who knows they need to make changes in their life, but is feeling trapped by their own negativity. Kristin is a patient listener and a highly skilled and supportive guide for getting un-stuck and starting a more hopeful and joyful chapter of your life.

Sincerely,

Amy G.