

Coaching with Barb ~ clients' perspective and experience

"Barb has been instrumental in both my journey to finding out I have ADHD and sorting through the overwhelm of the initial diagnosis. Finding out I have ADHD late in life came with so much emotion from anger that it had not been caught earlier in life, to the excitement that there is something that explains my life, and hope for a better future.

Barb helped me to understand WHY things were happening and HOW to manage. She is an oasis of knowledge, that helped me to get my life back on track. I was able to set in motion what I had been stumbling over for years.

She is authentic, kind, funny, knowledgeable and generous. I would not be where I am today without her guidance. She will tell you I was the driver, but she was the guide and I will be forever grateful. In fact, I feel like having a coach is the best possible solution to navigating most of life's journeys (even coaches have coaches!) but especially for an ADHD'er."

CR, 2022

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"I came to coaching having never done it before, and quite unsure what to expect. From the very beginning, I felt I was in very safe kind hands. Barb's system of gently evaluating and gathering information, key to the process, was well spaced and noninvasive in a series of online questionnaires before we started our course of coaching. This left me feeling like I was on the start of a journey of discovery and along the way helped me to reflect what I was looking for in our sessions.

I was at a period in my life where I needed to rediscover my strengths and re-evaluate my self worth. It had been eroded over a period of time, and series of work disappointments. Barb very quickly helped me to identify and channel my self belief and worth over a period of coaching sessions. I have come away, in a remarkably short space of time, feeling a renewed sense of purpose and an ability to see myself in a new light.

Excellent strategies and tweaks in my thinking has given me the skill set I was looking for at work and in my personal life. I am confident that our paths will cross again and know that when I need that reassurance again, or need to prepare for a change or transition, I can access her support once again. Thank you Barb!"

LC, 2022