

Coaching Result Testimonials

I found Sylviane to have two great qualities that a coach needs to have in my book. She is a very good listener, and she gives very direct and clear directions.

She doesn't sugar coat things, and she'll tell you as it is. But the result is that it really works. At least it worked for me.

I've made tremendous progress with my goal settings and I've been really focusing on observing my thoughts and changing them as soon as I realize that a particular thought doesn't serve me well.

I am more conscious of ME, what I do, what I say and what I think because of Sylviane's directions. I recommend Sylviane as a life coach.

~ Liz Ward

Sylviane was able to make me see what's been happening to my life and why. She was able to describe feelings I was having, my naming them like I had never thought about before.

She is very intuitive, and I think that's why she is able to ask crucial questions that make you really think.

Sylviane has helped me see that I can control my life better and not be feeling like a victim anymore.

~ Jessica Blake

I was stuck working in an office and even though I somehow enjoyed my job, I knew I could do something much better with my life, but I was afraid and didn't know how to go about it.

Sylviane helped me to admit to myself that what I've always wanted to do was writing and make a living from it. I've always wanted to do that, but had buried it somewhere.

She was able to help me come out of my shell and get the nerves to start doing what I love. After we mastermind about a plan to start my business she gave me all the directives necessary to start my business and today I am happy to report that my business is doing great.

My coaching sessions with Sylviane literally changed my life.

~ **Deborah Pierpoint**

I was an online business consultant and while my blog was receiving hundreds of comments and thousands of views every week, the clients that I attracted were not motivated to do their parts and as a result I felt very frustrated and worn out.

With Sylviane's help I was able to look at what I really wanted in the face, and realized that what I really wanted was to do something else altogether.

Today, I help local businesses with their online presence and I don't have to deal with clients that are sucking my energy anymore. I feel free.

I am so, so glad that I got Sylviane's help. I would do it again anytime, and I can't only encourage people to do the same.

~ **Adrienne De Cell**