



The Coaching Experience

See what some of our clients completing the coaching experience have reported:

Reviews



My coach uses diverse coaching tactics and draws me to my own insights. It is extremely powerful how she picks up on nuances and leads me to my patterns.



I have a better idea of how a potential partner shows up in relation to my core values. This gives me a better idea if I should stay with something or end it because it won't meet my highest relationship desires.



I've definitely made many errors in my dating life due to little fixable things and never had the awareness to realize the root issue. Fixing even a handful of those made the experience well worth it!



The journey, the specific goal setting, the check-ins, and the calibrations were precisely what I needed - I look forward to continuing to work with Loretta.



I valued having someone to talk to about my dating experiences to learn how to improve. I believe it also helped that Donna was very close to my age.



I made good progress towards making first dates more memorable and exciting, improving conversation skills, progressing on second/third dates, and dating multiple people during the early stages.



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I learned how to set my expectations & boundaries from the beginning of a relationship. How to recognize codependent characteristics. How to identify passive aggression to address them assertively & promptly.



Expressing feelings and channeling feminine energy is hard, so I could directly apply what I learned.



Coaching helped me uncover some self-limiting beliefs about myself and the experience I didn't realize I was carrying. We brainstormed together about how to keep them from impacting a date.



From the inspirational/motivational words of my coach: Building a relationship takes time. It takes time for us to REALLY get to know someone and vice versa, so there's never a need to rush or attach ourselves fully too quickly until we know what we are getting ourselves into



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The experience exceeded my expectations and was highly beneficial - it supplemented the matchmaking experience by promoting personal growth and evaluating experiences.



Thank you to Barb for being such a fantastic coach and confidante. I feel incredibly fortunate to have had the opportunity to work with her.



This was an excellent experience for me. I made improvements and learned a lot about myself that I couldn't tap into alone. I've seen the direct impacts of coaching on my relationships, and I'm grateful for that.



Barb is an exceptional coach; insightful, focused, practical, nurturing, and wise. As part of my job, I had a coaching/continuous education, so I was unsure what to expect.



Lori was a fantastic coach. She gave me beneficial tools that I will definitely use moving forward.



My coach was so easy to understand and interpreted my needs. She supplied resources I'll be able to use in all my relationships.