Sample of Survey Feedback 2022!

I have been having difficulties and get discouraged easily. Ryann encourages me and doesn't let me claim my relapses as failures but as a learning tool.

Meghan was above and beyond and continues to do such with every call. Drastically helped improve the way I see things about my own well-being

I have stopped smoking after 10+ years! I have learned that its ok to be me.. (Meghan)

With the encouragement from Liz, I been able to cut back significantly with smoking

Keeping me motivated setting new goals I don’t open up to many people but she has made me feel so comfortable and I look forward to our calls honestly it has helped me get a lot of weight off my shoulders. (Julenne)

I have increased my desire to quit but also decreased my cigarette intake and directly feel the coaching does motivate me. (Kaitlyn)

Dramatically!! Went from 2 packs plus to maybe smoking 1/2 or less!!! I'm extremely proud of myself! Lol (Julenne)

Before the coaching I'd things that I was kind of opposed to if it meant that I would have to stop smoking, but now having gone through the coaching and seeing the progress that I've made I'm ready to make big steps in my life like getting pregnant. (Felicia)

Very engaged with me and always listen and great suggestions. Erin is a very positive person, listens, suggest and truly cares about people (Erin)

A reaffirmation that i am human and shit (my words, not hers) happens - so how we approach it drives how we move through it. (Leigh)

I appreciate how Diane holds me accountable by following up with what I committed to doing!

Mrs.chris has been very helpful to me and she has walked with me every step of the way she is amazing and I appreciate her kind and encouragement she has been a big help to me for me to reach my goal

I've felt a shift in mindset and empowerment over my schedule and decisions I make. (Chris)

Kaitlyn is amazing. She asks great questions and helps make reasonable, achievable goals. She is always positive, listens well, and has excellent recommendations.

I think Cindy is fantastic. Her approach is very grounded and practical, she is pleasant and an enjoyable person to converse with. I value her input.

My Coach was amazing. She made the calls interest, she was very knowledgeable, and managed to get me excited about getting healthier. (Suzy)

Making small changes between each discussion and verbalizing my goals to help me stay accountable.(Robin)

Mary is a great coach. She takes the time to get to know you and your goals.

I lost 30 pounds and my energy level has skyrocketed. (Liz)

Sabryna has updated notes on what we discussed on our last call and we get right into coaching immediately. She is extremely friendly and puts me at ease. She knows my family and our values and I truly appreciate her guidance and input.

Being accountable is a HUGE change. Having a coach help track and revisit goals on a Qtrly basis is game changer to keep me on target with my efforts and helps refocus if I fall short of goals and explores alternate supportive ways to achieve goals. (Chris)

Held me accountable for taking care of myself. (Brian)

Just taking to her helped me to realize a few habits ,and patterns. (Mykenzie)

He instilled confidence in me in the short time we've worked together.   
I struggle with confidence and he was able to reassure me that I'm skilling and professional and that often the ideas I have are ones he would see/or feel would be appropriate. (Brian)