

REVIEWS

from current clients



Client

"My coaching experience has been very eye opening. Being led to understand and pinpoint exactly why I'm feeling how I feel and how to combat issues especially feeling alone as a single parent has positively changed my life. I feel empowered and now have the tools to help my friends and family. Nicole has such a positive outlook that is so magnetic that

has helped me continue to practice conquering any problem that comes my way. I highly recommend her to anyone and everyone!"

Client

“After my husband's passing, I was struggling with what I considered to be insults directed toward my husband from some of his family members. After a couple of coaching sessions with Nicole, I gained internal peace within and a loving understanding of the other family members handling their own grieving process. Thank you,

Nicole, more than words can express.”

Client

“I love working with you guys! I literally leave every session feeling so empowered and completely re-framed about the way I see myself and my choices. Like, I'm so in control and able to choose what kind of life I want to be living and it's truly life changing, so THANK YOU!!!! You're so amazing!!!”

Client

"If you're looking for someone who is easy to talk to, open, non-judgmental, and genuinely

empathetic, I highly recommend working with Nicole. I often find it difficult to clarify my thoughts and feelings but Nicole has a talent for pulling on the threads in conversation to help uncover meaningful insights and new ways to grow.

As a firefighter, there are times when I experience significant stress and pressure. Nicole provided me with practical tools and actionable steps to help me recognize, label, and manage these challenges in a healthy way. Her guidance has helped me show up as my best self - both for the

people I serve in my professional life and for those I care about personally."

Client

"I absolutely know that Nicole was sent by Heavenly Father to help me. When she reached out and told me about life coaching, I just made a video about face planting and having a hard time getting up, this was after a few months after my husband suicide.

I felt like we were doing pretty good as a family. We had gone through a lot of huge things, but I had face planted and getting up

hurts and it was hard, and Nicole was very kind and reached out. I didn't understand what life coaching was. I had been in therapy, but that was just talking and I wasn't super helpful to me. What I have learned from this process is I am not a victim. Yeah I've had some crappy things happen recently and I've had crappy things happen in the past, but I'm not a victim and that I can be stronger from those crappy things that happen. I feel so much more equipped as a mom to be able to recognize what my kids are feeling and I've been able to help

them recognize that they are not victims and that they can be stronger even though they've lost their dad.

I've learned so much about my brain and my safety brain and if it's clean pain or if it's dirty pain and that helps me. Then when I'm going through something I can stop and I can think, 'OK is this clean pain? Is it gonna be good or is this dirty pain?' or When I panicking, I am understanding that my safety brain has gone a little crazy , which helps me, but it also helps when I can see that in my kids. I just overall felt a lot more

knowledgeable and better equipped to Make decisions and move forward.

I feel like I've been able to release a lot of pent-up trauma and stuff that I didn't know I would be able to release this early on, which is wonderful, but overall, I would say this, I would say I am a better mom.

I'm a better person through this life coaching. A lot of it has to do with Nicole's approach. She is kind, she is loving, she's authentic, she is not judgmental, and she has truly become a friend.

I know that her life is not easy and so for her to reach out and try and make other people's life better speaks volumes about how important this is. I know I've been able to help her and I know that she has been able to help me and I really truly feel like that is what we are supposed to do as humans... is to be able to pull each other up and help each other.

I am so grateful for the knowledge that she is shared with me to help me to move forward and past all of this, but also to be able to help my kids and teach my kids about their brains. We've learned about life in

general and that we just don't get to sit back and complain and be victims, but we can move forward and be strong stronger from all the crap that we have to deal with, so I absolutely know that this has been life-changing for me and I am so grateful for Nicole for reaching out and caring enough to help me through this process."

Client

“Working with my coach has truly changed the way I navigate college and life in general. Before I started, I felt overwhelmed by anxiety, pressure, and all the expectations that come with being in this stage

of life. Through our sessions, she's helped me find balance and confidence, and taught me how to slow down and understand what I'm feeling instead of letting stress take over.

She's also helped me learn how to set boundaries, something I really struggled with and guided me through a lot of the "girl drama" that can come with friendships and relationships at this age.

Having her as a support system has made me feel more grounded and self-assured. I've learned how to handle challenges in a way that

feels healthy instead of exhausting.

I can honestly say I've grown so much as a person since working with her. She's helped me see that it's okay to prioritize my mental health and that I don't have to have everything figured out to be doing okay. It's been such a safe, supportive experience that I'm really grateful for.”