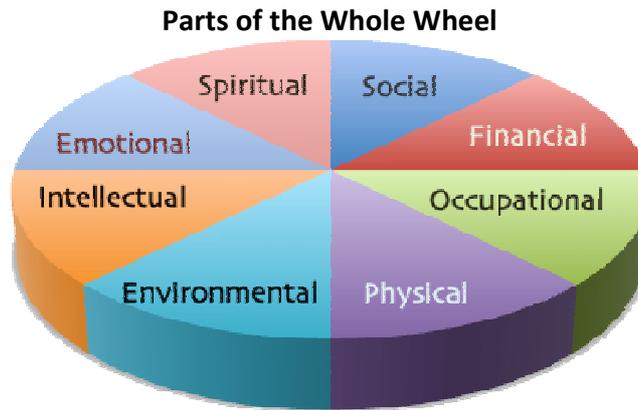


## Essentials For Change Wellness Resources



### Testimonials

I'm really working on the balance. In order to do that, I've been working to get myself organized at home and at work. I know that is the beginning and I am trying to stay focused so I've been a bit underground - there is much to organize because I was so all over the place as was everything else. I did it for so long it's been a process putting things back in order. I'm approaching it one thing at a time vs. all at once which becomes overwhelming and kicked to the side. I want to complete it this time so that I can grow.

I'm also learning to be more flexible if my plans get a bit sidetracked due to life (kids, car, etc....) and just get back to it. You have been very helpful in this process - you just don't know - but you have a knack for catching me at just the right moment; to make me pause and rethink things and get my perspective back and for that I am eternally grateful. **Kim**

Wanted to let you know how much I enjoyed the woman's group on Saturday. It was so informative, nurturing and spoke to my soul. God has truly blessed you with the gift of sharing in a loving manner, please never forget that. Women need women's' love and I love you. Have a blessed day, my sister. **Kelly**

Once I took the time to follow the 30 day protocol, taking action felt natural and was easy. The coaching process gave me a concrete plan of action. I quickly made connections between not just having a plan, but identifying the steps needed to incorporate the plan and how I could judge that the plan was working. **Tina**

Just wanted to take a moment to thank you for the wonderful workshop on Saturday. I learned so much and it just reinforced what I need to be doing on a continuous basis. **Linda**

I must let you know that I had a great time at your recently held symposium. **Cheryl**

I didn't realize how important my spirituality was in connection to all aspects of my life, until I started to examine what I really wanted in my life. **Liz**



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