Testimonials

-Sarah-

Working with Heather has been profoundly helpful and has made a huge difference in so many aspects of my life. Her warmth, her generous listening, and her totally unique coaching style have allowed me to meet the goals I’ve set as well as uncover ones I hadn’t even dared to dream…let alone speak aloud.

I can’t imagine how I would’ve navigated a number of really challenging things over the last several years (e.g., divorce and co-parenting conflict, financial uncertainty, and several health concerns) without Heather’s enthusiastic commitment to my growth, to my healing, and to my feeling empowered and confident in all the areas of life that matter to me.

Heather doesn’t just give advice; she actually provides the kind of individualized feedback and precise questions that allow me to organically discover new perspectives, release limiting beliefs, and take the specific actions and next-steps that are aligned with my authentic wants and needs.

Through our coaching, I’ve been able to see the patterns that have kept me stuck in career, romantic relationships, finances, and health. As a result, I’ve worked through barriers and I’ve met concrete, measurable goals. I’ve also had many unexpected internal breakthroughs—ones that have to do with my sense of self, my relationship to my needs, and even the quality of my self-talk.

Thanks to Heather’s extraordinary coaching, I’ve internalized a deep sense of trust in myself and in my own ability to create the life I want at the pace I want—regardless of the challenging circumstances or obstacles that may arise. Working with Heather has been a total game-changer and I’m so grateful to have found her!

Deb-

Working with Heather has truly been a gift. Not only does she have the ability to help see things in such a positive way, even when the self work is hard, she’s able to help you guide you to the parts that need to be faced the most.

Heather possesses a strong skill set in compassion, relatability, straight forwardness, a great listener, and her true willingness to see her client succeed. She loves helping and encouraging people become the best versions of themselves. She is a very motivating person by sharing the ways she’s trying to constantly learn and evolve herself. She genuinely makes you feel like you are teammates in this journey of self discovery and growth.

Look at Tara on IG

Heather is a keen observer with an amazing ability to distill down the rumblings of the mind to create a clear path forward that feels heart aligned. Our sessions brought forward a new light of understanding within, giving me clarity to not only take action, but to win! When I am clear, I can move past the fear. Heather gives us the gift of uplifted perspectives with tangible light of conscious directives ✨