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December 31, 2012

TO: CTI CERTIFICATION PROGRAM

RE: LETTER OF RECOMMENDATION FOR KAREN BERK

Karen was in my Process class this past October. She is someone who strikes you right away with her confidence, her skill, and an underlying joy even in the face of great difficulty. Despite considerable resistance she wore a “what you can’t be with” that was a huge challenge for her. She dove in and discovered incredible value in the process. The shift that occurred through her dedication to the process of Process was marked. It also had a huge impact on the class, as they were wanting transformation along with her, and then got to witness it.

Karen is a skilled coach who would be a great addition to a certification pod and who would enthusiastically participate in the program. I heartily recommend her for the certification program.

Kim Ellyn Fowler, CPCC, ORSC, PCC



12/28/12

I was the instructor for Karen's Synergy Class.  I believe from observing her and from the comments and love afforded her by her colleagues that she has blossomed as both a human being and a coach.

I was able to watch her as a coach in some of the exercises and felt that she is passionate about people. She showed great promise as a coach because is hungry to make a difference. All that she needs now is certification to boost her confidence. She’s going to take this work and run with it.

I know she is applying for a scholarship toward certification and feel that she would be an excellent recipient.

With respect,

L.A. Reding, MCC, M.Ed.

**Dear CTI ,**

**I am writing on behalf of Karen Berk, who is pursuing her coaching certification with CTI.**

**As the Chicago CTI Ambassador, I met Karen when I visited her Fundamentals and Synergy classes, and I also got to know her when I assisted in her Balance class. She has a great passion for coaching and for what she can bring to the world as a coach.**

**She initiated a meeting with me one-on-one to talk about her desire to continue with her training and certification, demonstrating initiative and her commitment to on-going growth and personal development.**

**I think Karen represents CTI well and hope we can find a way to assist her with her vision.**

**Warmly,**

**Gretchen Baker, CPCC**

**Chicago CTI Ambassador**

***Client Testimonials:***

***"Karen has changed my life. Coaching (or Co-activity) forces you to really look at yourself and make decisions about your future. I believe therapy only tells you what to do. Coaching gives you the tools to tell yourself. Karen, in particular, is the best person to co-pilot with. She forces/makes you cut through your own BS walls, making you face your worst demons, all the while holding your hand and giving comfort and support. Negative thoughts about myself have been replaced with a miniature Karen cheerleader. She is power, she is light, and she is energy."***

* ***Anonymous, 32, Chicago, IL.***

**“In all four sessions with Karen I've finished with a sense of accomplishment, empowerment and/or insight into the person I am and want to be. She has a terrific tool kit of exercises and processes that compliment her natural talent for enabling me to identify my own path for growth and fulfillment.”**

* **Marlene, Director of Development, Chicago, IL.**

***I have known Karen for over 3 years as my dearest friend. She is extremely talented and intuitive. I met her when my husband was very ill and consequently passed away. Since that time, she has constantly given me the strength and support to go on. However, I am writing because I have witnessed the growth in how her communication, purpose and determination has changed since she began the curriculum at CTI. She has gone through some very traumatic experiences as well and to see her inspired and ready to move forward in her life with the confidence that she so deserves makes me so grateful. I also know what an unbelievable impact she has had on others. She has the potential and capacity to change hundreds of people. For myself, we have started worked together in a coaching relationship and I can see how this profession is meant for her. Her ability to point out new perspectives and move me to see them has made a real difference in my life.***

* ***Sylvie T., Tel-Aviv, Israel***

**I connected with Karen immediately when I met her in coach training. She had a sparkle in her eye and a spring in her step that told me she was a woman of strength, courage and passion and a limitless zest for life who I just had to get to know. As I spent significant time with Karen both as a fellow coach and friend, my first impression was right on the mark. Karen was born to be a coach. She has a wealth of knowledge and experience across so many different facets of life and cultures…the good, the bad, and the ugly…that have molded her into the powerful woman she is. With a heart of service, she enthusiastically calls upon that invaluable knowledge and experience to help clients achieve their goals. She is incredibly intuitive and is not afraid to follow her instincts to help clients achieve breakthroughs. I knew all this about Karen from the start, but she had some of her own learning to do to arrive at a place where she was comfortable enough to truly embrace these valuable and potent attributes of herself. Observing her growth and development as a coach over the past six months or so was like witnessing a “refiner’s fire,” not in the biblical sense but in the literal sense of how silver, gold, or crude oil gets refined: a refining process uses some combination of chemicals, catalysts, heat, and pressure applied to the raw material in order to purify it and capture the most valuable byproducts. Coach training was in some ways a “heated” process for Karen, as she experienced many important breakthroughs in her own life and emerged at the end as the best version of herself. It was inspirational to witness and be part of, and it will no doubt make her an excellent coach who is strong and wise enough to hold really big dreams for her clients.**

* **Enthusiastically submitted,**
* **Shani Magosky, Co-Active TM trained Coach**
* **Vitesse Consulting, Fort Lauderdale/Colorado**