

ONE-ON-ONE COACHING ONE-OFF SESSIONS



**You want someone to listen; you want to be heard.
You believe it's time to start your journey to self-
development, which is important to you.
You are ready to start creating changes in your life.**



TESTIMONIALS



Tammy has helped me unlock my hidden potential. I have so many good qualities. Anxiety will not be my primary director anymore. During the few months I spent with Tammy, I have found her to be very professional and genuine. Tammy had a calm voice and a caring nature. That was beneficial as I do not really connect and get triggered by loud "over the top individuals". I felt Tammy virtually held my hand during some of my sessions. Especially where I was emotional. Tammy held a safe and non-judgement platform. Tammy has guided and helped me understand the following pieces - redirected my negative thoughts. Getting me to see me look at my old core beliefs about myself. -Looking and exploring my possibilities. -Getting me to reflect on what I have achieved. Help me understand I can write a new Story. -Learnt that I deflect a lot helped correct language. -I learnt how to be kinder to myself. -Most of all I learnt how to speak and change my old language. I can now speak a new language that serves me with more positive talk.

WOW ... It's empowering for me to begin to feel like I am more than my past.

Tammy, thank you for walking beside me and helping me reinvent my thoughts. You have given me a new light lens to look through. I am a stronger woman from our coaching time together. Blessings **Michelle**

Before I started coaching with Tammy, I was full of emotional turmoil. I had just ended a four year long toxic relationship and found myself unable to deal with how I was feeling in a healthy manner. I was hesitant about starting coaching but decided it couldn't hurt to try it out. Tammy's service as a coach helped me immensely as I am now the current manager at my job and pursuing my bachelor's degree at University; if I hadn't had sessions with Tammy, I would not have had the confidence that I have now to pursue these goals. My favourite thing about coaching is that they provide you with the opportunity to work through where you're struggling and find solutions that work for you. And to anyone thinking about getting a coach, I highly recommend it without the coaching I received from Tammy. I feel as though I would not have progressed as far in life as I have now.

I highly recommend Tammy as a coach for anyone looking for one, and I will use her services in the future if I find myself needing them again! **Caitlin**

loved your thought-provoking PDF. Actually, until just now I had already forgotten about it - I easily slip back into unhealthy habits and thought patterns. This is something I need to work on. Our session really highlighted that. Healthy self-talk is vital and unhealthy self-talk is so damaging.

loved the sessions. think you are great at what you do, you are an amazing listener, and so importantly, you are great at responding and highlighting a totally different standpoint/views that I often hadn't thought of, and I think you are going to impact positively in so many peoples' lives! I am looking forward to more sessions with you. I came away from the session feeling so much better about myself and the world and people around me. **Tina**



Looking forward to
connecting with you soon.

[BOOK IN WITH TAMMY@_](https://www.calendly.com/tammy-huxtable1)
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