

March 31, 2006

C Pornaro

Att : Andrea Strom-Rancourt
ASR Coaching & Training

Dear Andrea,

I write a long overdue note to thank you for your coaching. Our work together positioned me in a positive, bright place filled with ideas and ways to deal with new possibilities.

I sought you out after I realized that my fears of taking over the family business were paralyzing me. Contacting or dealing with customers had me shaking and breaking out in a sweat. I had a lack of confidence and low self-esteem. A three-year maternity leave had secluded me from much of the adult business world, whereas only four years prior, I had been traveling the world on business, taking part and sometimes leading international corporate meetings and projects without a second thought.

Our work together enabled me to connect with myself. Your approach helped me calm a mind that was constantly thinking negative and destructive thoughts. With your guidance and tips, I began a relaxation practice that led me to discover what I really wanted and had to offer.

You listened to what I said and to what I didn't say and consequently guided me to make decisions and take the necessary next steps. It showed me that I could do this. I knew what I wanted and with a little guidance that came through. I felt incredibly supported during our time together, which was imperative to move forward as well.

I thank you for helping me. You are so calm and reassuring, that I felt better just sitting and chatting with you. Although I feel that the next step in my life is one where I have to stretch my own wings and try to fly alone, I may find myself faced with other obstacles where I'll come right back and work with you, a great coach, again.

Sincerely,

C Pornaro