

Testimonials...

What people are saying about workshops and private sessions with Barbara

"I am grateful for the transforming energy gained through this practical hands-on workshop. I am in appreciation for the tender guidance and support sustained as we are all working collectively to find peace within and peace with all." Dawn C, workshop participant

"Barbara's meticulous coaching has helped me find my path forward in life. Her deep love of life shines through in her honesty and courage." Craig B, client

"Excited and amazed because it was a truly transformative experience - your home and your presence and your methodology were all so perfect and safe for it to occur... really met my need for empathy and emotional safety and deep healing. I feel a deep gratitude for the depth of compassion you were able to show me and your sincere empathy truly touched me. Thank You." Sherene S, client

"Barbara put me on the fast track to personal growth, urging me to seek my own personal truths and implementing those into my every day life. I recommend coaching with her if you seek to awaken your spirit and live life to your fullest potential." Toni M, client

"Thank you for all the wonderful work and guidance that you have given us. You have taught us to look at each other and ourselves from a very conscious and present point of view, and have nurtured the growth and strengthening of our relationship in ways I never could have imagined." Clayton C, client

"With passion and grace, she will guide you through the NVC process (Nonviolent Communication) in a way that moves and satisfies the soul. Well worth it!" Trevor T, workshop participant

"My personal highlight: For a long while I've beaten myself up for being 'too sensitive' and now I am seeing an enormous gift in the sensitivity. The gift is an ability to hear my own needs." Lisa L, workshop participant

"Barbara has truly altered the way I communicate. She has taught me that there is more to communication than our own satisfaction. That there is a process and understanding needed to effectively grow from our conflict with others. Truly a life-changing seminar for me and all the loved ones I cherish." Angela R, workshop participant

"And it felt really good to feel the power behind my truth – not shaky, not hesitating – just straight up powerful energy. As I spoke, I realized I had made a shift somewhere along the way and this was the perfect group to witness it. Beautifully led and coached." Cindy K, workshop participant

"I experienced healing with Barbara. This was the first time I felt really empathized with." Deborah S, client

"Thank you so much for supporting me in my continuous work of self-awareness, connection, well-being, self-love, appreciation...." Nela S, client

"I really appreciated your open-hearted modelling of NVC. Your examples, feedback and coaching met my needs to learn by seeing, feeling - experiencing. You have certainly lit a flame to learn and experience more of this work. I deeply felt its ability to inspire transformation. Thank you! This exploration of NVC has spoken deeply to my desire to transform my own consciousness and enlarge and deepen my connection with others. I feel supported, heard, and warmly connected... and open-hearted. I appreciate your skill and the safe container you offer." Heather C, workshop participant

"Barbara has a strength and competency of presence that inspires trust. I know that I am in good hands with Barbara." Kirei Y, client