



Client Feedback

Real World Experience

I have hired Elene twice. The first time was about 3-4 years ago when I was going through a transition at work. I worked with her for 6 months and had an excellent experience. The main benefits I found from our coaching relationship was I started doing better work with less stress (I found my work actually become easier to do) and my self-confidence improved. I recently hired Elene again to help me navigate a big job change as I was promoted to European Marketing Director for my company. I've been working with Elene for several months now to develop a roadmap for success and now we are in execution mode. I say we because I truly feel that I'm in a partnership with Elene. My success is a shared success that is directly correlated to the work we've done together. The last thing I wanted to note is that I really value Elene's previous business experience. She completely understands corporate dynamics and she gets what it takes to succeed because she's lived it herself. I've recommended Elene to several of my friends and colleagues and I wouldn't do it if I didn't think she was worth every penny that I've paid her. - **Kristen G.**

I have certainly seen the value in coaching and appreciate the insight and experience you have brought. Most of all, I have appreciated having an objective outsider without an agenda that I could confide in. - **Kimberly L.**

Elene is very insightful and can synthesize lots of information into a very succinct bottom line. She is very resourceful: with printed materials and "human capital", as well. Having spent time in corporate America herself, her coaching style and knowledge were very much based on reality. She is extremely focused and a task master. - **Nancy H.**

Elene brings her vast corporate experience, superlative credentials, and uncanny intuition to her coaching. Hiring her was one of the best decisions I have ever made! She has helped me get focused and get great results, and it was never at the expense of the bigger picture. I wholeheartedly recommend Elene as an executive and personal coach. - **Michelle E.**

Coaching Value/ROI

Integrity, insight, and innovation are just a few of the words I would use to describe her. When I look at my revenues over the past two years there is a direct correlation to her coaching. I consider her to be the only coach one would ever need. - **Dave B.**

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Coaching provides support, ideas, feedback, strategic planning, meeting preparation and such. These things help with my confidence and also provide structure for what I am trying to accomplish. You help me stay focused. It's difficult to quantify the value added to my life, but I am sure that I would not have made as much progress as quickly as I have without your help. - **Marla B.**

Focus on Goals and Objectives

At the very minimum, once a week I spend at least ½ hour focusing on myself, my long-term goals, my immediate psyche and progress in my personal development. That's ½ hour a week more than I would spend otherwise. Coaching helps keep me on track, or at least from straying so far off track that I can't see the track anymore. I also like the way that Elene will shift gears to meet immediate needs, but has planned objectives for each session. She keeps me honest and stops me from conning myself. She also has the ability to assess what I need from any given session in our first 30 seconds of talking. - **Laura B.**

Through your coaching I have gained greater clarity in my life's purpose and focus to go achieve my biggest dreams. The structures, brainstorming, idea sharing, and accountability have made the difference between my goals being just a dream to making them a reality. I have become not only a better human being, wife, and mother, but a more impactful and confident coach for my clients through the powerful example you have set for me. Thanks for EVERYTHING!! - **Victoria C.**

How my coach breaks down my problems into pieces and relays them in tangible to do lists. My own filling out the prep form so I can determine where my priorities lie. Elene's background from a top MBA program and as a Vice President is helpful. We focus on my external relationships and how to align my interests those who I care about. - **Sheila L.**

I think you should know that although we worked together for a short period of time, your efforts to help me definitely outlined a blueprint of how I should proceed with the events of my life. And although on days like today I ponder out loud "why am I settling...AGAIN", I know that I am headed in a better direction than almost a year ago when you and I met. You made a difference in my life and I wanted you to know that. I thank you for that. I know you must be doing great things for other people as well. - **Susan H**

I was truly able to see that I indeed do have a pretty clear vision with just a few moments of your guidance. I think every moment of time with you is incredibly valuable. Your gentle approach feels so comfortable as well as insightful. I look forward to our next session! - **Laurie H.**

Career Planning/Job Hunting

You gave me a different perspective on approaching and managing a job opportunity. As a result, I interacted differently with recruiters and interviewers, prepared differently for the interview, and responded differently with follow-up correspondence. The coaching gave me a new level of confidence and a strong sense of purpose. Shortly after working with Elene, I landed a job, ending 13 months of unemployment. The other very valuable part of the coaching was the homework. It kept me on task (and I know I would have otherwise procrastinated), helped me focus on important issues (instead of busy work), and gave me a sense of accomplishment (instead of excuses).
- **Paul D.**

Since you've coached others through the job search process before your knowledge of what works and what doesn't is invaluable. Your encouragement and commitment to my efforts were great. Coaching kept me motivated and positive. - **Catie B.**

The key is to find out what to do DIFFERENTLY. I had been doing things - unsuccessfully. I could go and post more job offers, but if the message is poor, I will continue to get poor results. This was the big "Ah ha!" - **Cathy B.**

I entered the call with a great deal of confusion centering on job/career choices. I ended the call with the clarity I had been longing for. The questions and insight you provided for me were so powerful! It felt as though a flash light had shone on something that could not be seen before. Thank you for showing me the light!
- **Kathy E.**

Focus on Values

I consider myself extremely fortunate to have had the opportunity to work with a coach. I came into the whole process with my typical dose of skepticism - the "I know this stuff" approach, or the "I can do this on my own" approach. All the power to those who can, but for the rest of us, it's nice to have the help, support and insight that a professional coach can provide. I worked with my coach to really define what my objectives were, and not just from a standpoint of what kind of career or job I was seeking, but really from an approach of what made me who I am, and what did I value most out of my career, my personal life and my own entrepreneurial aspirations. Elene was not only my coach, but my advocate, my support mechanism, and an honest, straight-forward "voice of reason" for me. I learned a lot about myself, and even when I completed my 3-month initial commitment, I continued working with her. I believe that I made the progress that I sought, and now approach all aspects of my life better, with more confidence, and certainly with an improved perspective. - **Ari K.**

Coaching provided me the opportunity to think and reflect on my values, wants and needs in relation to my current status with career, health, and relationships. Together we formed a road map that I am using today to reach my goals. Thank you. It was a great experience that has given me some tools to apply to my career and life. - **Ken C.**

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Citing, defining and prioritizing my values. Also assigning them to my past, present and future work (future being my own business). Having an objective, professionally trained person help to look at issues with a different perspective. Helping me sort out something I am very passionate about it. Pushing in the right direction to find the resources to make it happen. You are a very positive, calming person. No matter how frustrated or anxiety ridden I would feel coming into a session with you, you always came on as if the world was at peace. The techniques you used to work with me were very effective in making me feel comfortable and they relaxed me. I always, always came out with a different perspective. Your e-mails generally had the same tone, even when you pushed me. Elene, you were born to coach! - **Susan H.**

I expected it to be motivating and inspiring and it accomplished both motions in such a brief encounter. I found the pre-work to be most valuable to me. I analyze numbers, trends, earnings etc. on a daily basis, but how often do I analyze me? - **Jacqueline S.**

Holding Clients Accountable

Being accountable - I used to set goals and not fulfill them and now that I have someone looking over my shoulder, it has become easier.

I cannot think of anything that would make the experience more valuable or powerful. It has been a wonderful journey thus far. Elene has been given a tremendous gift of knowing how to take a person farther then they could have ever imagined. Thank you - I wouldn't be where I am today without your guidance. - **Joyce S.**

I found our conversation very enlightening and felt very motivated afterward. I liked breaking down my goals into more manageable chunks and being challenged on them. - **Susan S.**

Confronts the Hard Issues

The coaching experience gave me the opportunity to have access to a party that helped me to understand what was in my best interest as it related to each area of discussion. She provided great insight into situations that I would not have had, an objective third party point of view, yet integrated the response into how best I might deal with the situation. Also, it was great to have a friend on board.

I enjoyed the opportunity to be challenged when necessary even though it was difficult to deal with at times, mostly because it was dealing with my perception of the opportunity. As a coach should do, she helped me confront the hard issues and resolve them.

Having a "Coach" will make you look at what you are capable of doing in a totally new light. A very powerful and well worthwhile experience! - **Rick K.**

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Your ability to listen, reflect back and move me forward in ways that I did not think I could.

So far it has all be of value. Some parts are harder for me, and I find myself resisting, but then when I can finally move on, I realize it was a valuable step - **Marina G.**

Elene is a business coach, not a life coach, a distinction by which she lives and guides. Meaning, she won't let you off the hook when you skip a deadline you set for yourself because your hamster died and you're riddled with angst.

One of the pitfalls of being at the top, or near the top, of the food chain in any company is that the only person you answer to is yourself. Needless to say there are clients and co-workers, employees but when it comes to working at your own optimal performance only you know for sure if you're meeting the demands that you've placed on yourself for success.

But, with Elene in your corner that's not a problem. She holds a mirror up to you, or at least to me, by asking me whether I have met my own demands. One of the most valuable tools Elene has given me which teaches me to work smarter and in a more personally fulfilling way, is the ability to determine which aspects of my work ethic I value most highly. Then, I'm able to set reasonable goals for myself. - **Kristin G.**

New Business/Entrepreneurship

I found the session to be focused and challenging. It helped me to sort out the different tasks and priorities most important to starting up my new business. - **Anne L.**

What was most valuable was getting us to try to focus on one business instead of all of them. It was like talking to a knowledgeable friend rather than a stranger. - **Barbara P.**

The mile-high view that brought my actions down to one single important point- that even though my mass-market ideas may be great, what I need is cash flow, and to get that, I need to push business on site. Thank you for the common sense, but not common place tactics like an idea log and silencing my gremlins. - **Janelle M.**

Insight/Easy to Work With

Elene is very personable and easy to talk to. She is enthusiastic about her work and her insights and suggestions were invaluable to me. I would highly recommend that you tap into her expertise whether you are just starting out on a career path or even if you are established in what you do. - **Alan M.**

Enerpace, Inc. Additional Client Feedback

Hands down, Elene is a stand out coach who is highly skilled and contributes a great deal to every coaching interaction. She and I meet on a weekly basis in an accountability partnership and I have benefitted week after week from her insights, challenges, intuition and business acumen. On top of that, she is such a delight. If you are a human thoroughbred and you haven't experienced her coaching, I say "what are you waiting for"? - **Lisa C.**

Working with a professional executive coach - particularly one of Elene's character - was a great experience and investment. Elene is honest, extremely organized and incredibly insightful. I saw the benefits not only professionally but personally and well. - **Ari K.**

Elene was very thorough in explaining her coaching process and structure so that I could gain a good understanding of what her coaching really is. She listened very closely to what I said and was able to ask enough questions to help me really think through my responses. I felt she was invested in finding ways to make the coaching most valuable to me.

The open-ended questions on life & career vision & success and on what you enjoy were very thought provoking. Elene's questioning of "why" or "what does that mean" helped to dig into the true source of those visions. I also appreciated Elene's suggestions and knowledge of networking and various professional organizations. - **Allison D.**

Presentations/Workshops

Elene spoke and presented at the American Society for Quality (ASQ) Fox Valley section 1208 meeting. She delivered an excellent and inspiring presentation on Coaching Skills for Leaders, followed by a workshop/exercise allowing all in attendance an opportunity to practice the 3 core coaching skills as "coach" and interactive partnering being coached as the "client". This energetic and educational experience invoked discovery, and provided an understanding of what coaching is and how it differs from other managerial skills. I would highly recommend asking Elene to speak at your group or organization. - **Hector R.**

I've been privileged to hear Elene speak twice on topics related to effective "self-leadership" in the area of sales as it applies to selling one's self in job search or to selling professional services. Elene merges relevant information with interactive exercises and practical take-away tools and presents them in an approachable style that is respectful of her audience. I'm pleased to recommend Elene as a speaker. - **Leisa A.**