

What was it like before coaching with me?

Life seemed great, after 40+ years of 12-step recovery. I was searching for that elusive "Emotional Sobriety"- and yet, there was something that always seemed to take over my emotions. There was an internal world of 'storms' that arose with no prior announcement. I had been helping Bill with a project and was curious about how he helped other clients with life coping skills.

What problem(s) were you trying to solve with my service?

I wanted what I observed that other people had achieved – the ability to understand that inner world of emotions. Ultimately, I wanted Inner Peace!

What made my service stand out from other options?

Having been in and out of work with therapists over the years, the emotional challenges still ebbed and flowed – but never seemed to stay settled down. Tools to handle the disturbances in life were simply not working for me on my own. Bill's use of the Internal Family Systems model was different from anything I'd ever dreamed possible!

What made you happiest about working with me?

Bill not only gave me insight about the internal workings of my emotions, but a whole new insight into how I could better understand what was going on inside – plus the never-before benefit of using these tools on my own!

What have you been able to achieve since using my service?

Emotional Sobriety has now become attained to an unprecedented degree, thanks to the coaching from Bill!

What has exceeded your expectations since working with me?

Bill has shined light on the inner workings of my emotions. He exceeded my expectations in so many ways – especially in handing me a powerful workbook (that he designed). The tools are mine to be able to be used on my own, for the rest of my life!

What's the main reason you recommend my service?

Bill's approach is immensely personable and is like none that I have ever encountered. He has an amazing insight into life (because of his own experiences with IFS) and has a passion and genuine commitment toward helping others.

What about my business surprised you the most?

The purpose of his IFS Practitioner business is to bring clients to a level of proficiency so they can practice the IFS methodology on their own, without having to be forever tethered to a mental health professional.

What would you tell someone who is considering my coaching?

Bring the willingness and open mindedness to this experience. A whole new world of understanding your internal emotions will be brought to light. You will learn tools and practices that you can use on your own, to help you achieve the Peace of Mind you hunger for.

Was there anything I could have done differently?

There wasn't one thing that I would have done to change this incredible experience!

Is there anything else that you would like to comment on or say about coaching with me?

Bill's generosity and gentleness far exceeded my expectations. He has even setup (for free) groups of us that get together weekly to practice IFS tools together with him and other practitioners via the internet. That is unique and very beneficial for us!

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