

Testimonials



WOW!!! What an amazing two days. I have never felt so comfortable with a group of "strangers" so quickly before. I left feeling **Refreshed, Enlightened and Grounded.**

"DON'T miss an opportunity to attend, the work will be there when you get back but the stress won't. This training is transformative, keep an open mind and an open heart and it will change your world!"

Michael D. Zinck
Dominion Energy Transmission, Inc.

"Heartfelt leadership inspired me to step back and view myself and my relationships from a perspective of presence and compassion. Kate and David make vulnerability into fun and engaging playtime. Fears, frustrations, and insecurities simply melt away in this class..."

Kim Gridley, Planning Specialist, Tioga County, PA

My three highlights: I felt humbled, enlightened, and cared for. The teaching by David and Kate was very collaborative, inclusive and was much more FUN than most workshops.

Michael Detweiler
Mansfield Borough Mayor
Mansfield, PA

Awakening, Refreshing, Warming ~ David and Kate's relationship with one another made this experience so much more unique and engaging than I could have ever expected. They're energy and cues with one another are what really made the experience something to learn from and grow...feeling ready to be a game-changer in the workplace.

Meghan Beardsley, Analyst, Customer Logistics, American Cancer Society, Inc.

Rejuvenating, realigning and inspiring! ~ This training was a reminder that helped get me back on track which provided a new way that gives a fresh look at old truths.

Paula Martin/ Intellectual Supports Coordinator, Sam-Inc, Tioga County

“I’ve been to a lot of leadership trainings...this brought it all together for me...the light went on.”

Jim Hamilton, Dominion Energy Transmission

This is the best training I’ve ever experienced! *Upbeat, Moving, and Personal*. Thank You for the style you brought to the class. From the moment we walked in, we were greeted with a smile and handshake. I felt like I was a person not a client right from the start.

I have used heartfelt leadership skills since attending the class; I have had a more positive attitude, been in a happier mood, and shrugged off little things that used to bother me before. I am a better person today for meeting Kate and David, and will continue to use their teachings as a means of good leadership.

Scott E. Beebe, Dominion Energy Transmission Inc.

David and Kate combine their distinctive gifts to stretch you outside of your comfort zone and challenge you to own your gifts to be your own best leader. It is the combination of their unique individual personalities that make this class different than other leadership training.

Cynthia T.

International Trade Program Manager

Northern Tier Regional Planning and Development Commission

Kate & David are unquestionably the best in the business. Their unique method of delivery will leave their lessons imprinted in your mind forever. Their training is the best “gift” you could give yourself.

Pam Burrous, Dominion Energy Transmission

“It’s not often, if ever, that anyone has an opportunity to attend a seminar or training where the facilitators present from the heart and the heads! David and Kate have nailed it! They have a heartfelt way of engaging their audience while the listener’s inner self is enlightened and awakened. Powerful, Engaging, Enduring.”

Kimberly Womeldorf

Director of Programs & Services

Roads to Freedom CILNCP

Engaging, Empowering, Refreshing. I have no words for the beauty and truth I found in myself with your teaching methods. You are fascinating to watch together, brilliant.

Ann Holleran, Dairy Farmers of America

Kate and David engaged the participants without the use of detailed PowerPoint slides and not only encouraged but also facilitated open dialog from each participant. The small group helped with that level of introspection from each person making the experience more valuable on a more personal level. Both were very laid back, knowledgeable, personable, and non-judgmental. I appreciated the open space, so to say, for participants to share situations from their own workplace.

**Janice E. Bennett
Education Coordinator, Organizational Development
The Guthrie Clinic**

Thank you for the great opportunity of attending your seminar!
So powerful, inspiring and enlightening! You two are contagious! I loved every minute of it!

Sherrie Sargent, Regional Office Manager, AAA North Penn, Williamsport, PA

Awakened, Inspired, Pleasantly Surprised ~
This training has slowed me down, allowing me to be a better leader.

**Frank Miller | Plant General Manager
Panda Patriot, Montgomery, PA**

Powerful, Empowering, Eye Opening
This training was a great experience and recommended for all leaders from any industry. The utilization of personal stories made it easy to learn and devour the information.

**Jody McCarty
Workforce Program Manager
Northern Tier Regional Planning and Development Commission
Towanda, PA**

I drove home from the workshop feeling like a ton had been lifted off my shoulders. I had clarity that I hadn't had in two years. It was amazing. I was able to regain my passion. I can't thank Kate and David enough! It was a truly profound experience for me!

**Melissa McPherson
HCV Program Supervisor
Arbor Housing and Development, Corning, NY**

If you want to escape the prison of your own negative thoughts, and want to become the best version of yourself, you need to take this course. Kate and David are among the most compassionate folks I have ever met, and they in turn, have taught me how to be kind and compassionate with myself. I feel confident that whatever life throws at me from this point on, I will be OK. In fact, I will be more than OK. I will find joy in everyday!

Sherri Stager
Mansfield, PA

Empowering~ Encouraging~ Life changing
I believe this experience will make a world of difference in my leadership, specifically in my abilities to role model positivity, respect, and personal connections.

Jaclyn Woollett, Ph.D.
Executive Director
The Institute for Human Services, Inc.

When I first heard about this course, *Stress-Free Leadership*, I laughed, but after experiencing it, I get it. It works! I really look forward to putting all of the great information that I learned to use in my job and in my life.

David Stryker
Program Supervisor
Arbor Housing and Development
Corning, NY

Introspective, Fun, Safe ~
David & Kate have an energy and synergy that works well together. They communicate ideas and concepts in a variety of ways, which helps all types of learners understand and relate to the message being conveyed.

Renee Potter, Controller, Mansfield University
Mansfield, PA

Taking this course has been life changing for me and I am just getting started on practicing what I learned. I have already paid myself back in leaps and bounds by being less stressed and being in-service to others.

Tea Jay Aikey
President & CEO, Central PA Chamber

Awareness, Inspiration, and Fun ~

What I observed in Kate and David's teaching was the complete flow of energy between each other. The excitement of their presentation was contagious and joyful. They were able to go with the flow and make adjustments as needed. They are very inspiring and great fun to be with.

Lee Anne Dolan
Wellsboro, PA

I have never been to a workshop with such highly personalized teaching methods. David and Kate welcome and support everyone's participation and have a wonderful bond and style of interaction with each other, allowing us all to relax and enjoy the process.

Cath Mulcahey
Learning Specialist and Academic Advisor
Mansfield University of PA Trio Program
Owner and Certified Health Coach/Alive and Well Coaching, Wellsboro PA

Inspiring, hopeful and awakening! ~

I always felt completely included in the discussion and the lessons. I am now much more aware of the uniqueness in each of us and will respond accordingly in working with my team.

Sue Guss
Lead Lab Tech, Dairy Farmers of America
Wellsboro, PA