Testimonials/ Reviews

Dhyan Meinoud Rijnen
2025-11-12
I had a coaching session with Dr Barbara. I liked how she is keeping a safe space. Her intuitive guidance helped me explore the deeper layers of my coaching journey and uncover the limiting beliefs that were holding me back. The session brought valuable clarity and helped me realign with my goals, reigniting my motivation with fresh purpose.

Rihab Yacoub
2025-09-30
Today, I had the heartfelt privilege of being coached by Barbara. She welcomed me with such warmth and attentiveness, allowing me to open up about my personal struggles and moments of self-doubt. With deep understanding and care, she offered insights that brought clarity to the questions and uncertainties I was grappling with. Her genuine encouragement gave me the strength to keep moving forward, even when fear and insecurity crept in. Barbara's rich background and experience in education were incredibly reassuring and made the decision-making process feel so much lighter. I left our session feeling supported, and inspired to believe more deeply in myself and my journey.

Andre Jensen
2025-09-18
I am grateful I had the opportunity to be coached by Barbara! She is very easy to talk with, a great listener, and she truly lives her philosophy of "Start Where You Are." While we explored different topics, she always kept me grounded and focused – helping me see things more clearly and boosting my self-confidence along the way. I look forward to the next time that she coaches me.

Maria Luisa Barreto Rosado
2025-09-11
My coaching session with Barbara ended on a beautiful crescendo. We tuned in so naturally that it felt easy to open up and be fully authentic. I'm deeply grateful for the space we created together. It wasn't about asking lots of questions—it was about the depth we reached and the space we allowed for insight and revelation. Even with our differences, we connected in a way that was both unexpected and deeply meaningful. What unfolded was truly enlightening and transformative. I came away with more clarity, a stronger sense of purpose, and a renewed intention in my mission. Barbara offered a welcoming presence and I felt seen and fully understood with her. This is what coaching is all about—creating a safe space where truth can emerge and real growth becomes possible.

Jagpal Singh
2025-09-09
I had a wonderful session with Dr. Barbara. Her intuitive approach created a safe and insightful space. We talked about my coaching journey and some of the deeper insecurities I've been carrying. Through her powerful questions, she helped me identify the mindset shifts I needed to

overcome those blocks. I walked away from the session feeling more aligned with my goals — and reignited my passion for coaching with renewed energy and purpose.

Simon Ford
2025-09-08
Working with Barbara has been a truly inspiring experience. Her warmth and generous spirit create a space where you feel instantly safe, seen, and supported. She has a remarkable ability to help you pivot your thinking, encouraging fresh perspectives that allow you to view your challenges from entirely new angles. Through thoughtful questioning and insightful reflection, she helped me unlock new ways of thinking that I hadn't previously considered. Barbara is refreshingly forthright and shares her wisdom and experience with humility and purpose, always in service of your growth. Her enthusiasm, passion, and commitment to her coaching are utterly infectious — it's impossible not to feel energised and uplifted after one of her sessions. At the same time, she doesn't shy away from challenging you to go deeper, helping you stretch beyond your comfort zone to reach greater clarity and insight. I'm deeply grateful for the impact Barbara's coaching has had on me, and I much look forward another session if Barbara feels so inclined!

Ivory Crump
2025-09-08
I had the pleasure of participating in a coaching session with Dr. Barbara, and I was truly impressed by her presence and professionalism. She is a great listener who demonstrated active listening throughout our time together. Her thought-provoking questions helped me gain deeper insight, and she skillfully reflected back what I shared in a way that made me feel seen and understood. She created a safe, supportive space for me to explore my thoughts and feelings, and her feedback and suggestions were both insightful and practical. I left the session feeling more clear, empowered, and grateful for the experience.

"Barbara established rapport with me at the onset of the call and listened well. She remembered some of the comments that I mentioned during the call and encouraged me to consider the words I had used and to be more realistic about the situation. In other words, she was able to make me feel better, reminding me of some of the skills and abilities that I have."

"Today, I had the heartfelt privilege of being coached by Barbara. She welcomed me with such warmth and attentiveness, allowing me to open up about my personal struggles and moments of self-doubt. With deep understanding and care, she offered insights that brought clarity to the

questions and uncertainties I was grappling with. Her genuine encouragement gave me the strength to keep moving forward, even when fear and insecurity crept in. Barbara's rich background and experience in education were incredibly reassuring and made the decision-making process feel so much lighter. I left our session feeling supported, and inspired to believe more deeply in myself and my journey."

"Thank you Barbara. . .I had a great experience . . . You listened attentively during my rambling vent and gave me great insights on my question/ dilemma. Your encouragement pushed me to keep going in spite of self-doubt and imposter syndrome."

"Barbara established rapport with me at the onset and listened well. She remembered some of the comments that I mentioned during the session and encouraged me to consider the words I had used and to be more realistic about the situation. In other words, she was able to make me feel better, reminding me of some of the skills and abilities that I have.

I completely enjoyed our conversation."

"I had the pleasure of participating in a practice coaching session with Dr. Barbara, and I was truly impressed by her presence and professionalism. She is a great listener who demonstrated active listening throughout our time together. Her thought-provoking questions helped me gain deeper insight, and she skillfully reflected back what I shared in a way that made me feel seen and understood. She created a safe, supportive space for me to explore my thoughts and feelings, and her feedback and suggestions were both insightful and practical. I left the session feeling more clear, empowered, and grateful for the experience."

"I like Barbara's approach to coaching. She created a relaxed space where I could fully open up. I felt that I was straight away connected and it felt like a friendly conversation with someone who truly cares and challenges me with great questions to think deeper. I received good examples and advice on various topics. Some of it made me reflect on how I see the situation and how I could reframe it. Thank you. Looking forward to our next engagement."

"My coaching session with Barbara ended on a beautiful crescendo. We tuned in so naturally that it felt easy to open up and be fully authentic. I'm deeply grateful for the space we created together. It wasn't about asking lots of questions—it was about the depth we reached and the space we allowed for insight and revelation. Even with our differences, we connected in a way that was both unexpected and deeply meaningful. What unfolded was truly enlightening and transformative. I came away with more clarity, a stronger sense of purpose, and a renewed intention in my mission. Barbara offered a welcoming presence and I felt seen and fully understood with her. This is what coaching is all about—creating a safe space where truth can emerge and real growth becomes possible."

"It was so easy to talk with Barbara! She has an impactful way of blending both her over 30 years of academic experience and wisdom, with an easy-going down-to-earthness that made me feel comfortable and safe to share where I'm at. Speaking of which, her motto is her mission! She definitely met me where I was at, and gave me the gift of first working with me to more simply narrow down our coaching session to cover 1 to 2 of my goals/needs. She listened empathetically, mirrored back with respect and compassion, and helped me clarify set mindsets on certain concepts. One of those was my concept of "routine" - by giving me a new way to think about routine, she helped me break a mindset that I've had about schedules being only rigid structures. I'm excited to put her coaching guidance into action! I believe that, if you would like to have a coach that is compassionate, down-to-earth, and clear-minded, Barbara will be that companion on your road!"

"Working with Barbara has been a truly inspiring experience. Her warmth and generous spirit create a space where you feel instantly safe, seen, and supported. She has a remarkable ability to help you pivot your thinking, encouraging fresh perspectives that allow you to view your challenges from entirely new angles. Through thoughtful questioning and insightful reflection, she helped me unlock new ways of thinking that I hadn't previously considered.

Barbara is refreshingly forthright and shares her wisdom and experience with humility and purpose, always in service of your growth. Her enthusiasm, passion, and commitment to her coaching are utterly infectious — it's impossible not to feel energised and uplifted after one of

her sessions. At the same time, she doesn't shy away from challenging you to go deeper, helping you stretch beyond your comfort zone to reach greater clarity and insight.

I'm deeply grateful for the impact Barbara's coaching has had on me, and I much look forward another session if Barbara feels so inclined!"

"I am grateful I had the opportunity to be coached by Barbara. She is very easy to talk with, a great listener, and she truly lives her philosophy of "Start Where You Are." While we explored different topics, she always kept me grounded and focused – helping me see things more clearly and boosting my self-confidence along the way. I look forward to the next time that she coaches me."

"I had a wonderful session with Dr. Barbara. Her intuitive approach created a safe and insightful space. We talked about my coaching journey and some of the deeper insecurities I've been carrying. Through her powerful questions, she helped me identify the mindset shifts I needed to overcome those blocks. I walked away from the session feeling more aligned with my goals — and reignited my passion for coaching with renewed energy and purpose."

"Thank you, Barbara, for a thoughtful coaching session. I appreciated the pacing of your questions, it gave me the space to reflect and respond at a rhythm that felt comfortable and grounded.

Our conversation helped me reconnect with a meaningful insight: that my self-worth doesn't need to be proven or earned, it already exists within what I bring, just as I am.

That reminder has stayed with me.

Thank you."

"It's always a meaningful experience having a coaching session with Barbara. She's a wonderful listener, and I truly appreciate how she connects her own experiences to my current struggles. The way she guides and uplifts me brings a sense of clarity and renewal-it helps me reconnect with my inner strength.
Thank you, Coach Barbara, for walking alongside me on this journey of transformation."

"Speaking with Dr. Barbara is like having a mirror held up to you by an honest friend. She asked direct, insightful questions with caring curiosity, helping spark my own "self-curiosity". I eagerly wrote down her thought-provoking questions, making sure I didn't miss anything, because I was excited to take time later to thoughtfully answer them. I felt heard, affirmed, challenged and motivated. I am grateful to have a coach like her in my life!"