

"Coaching gave me a direction. Not what to do, but what to focus on."

When Kauai met Christina, Kauai was just beginning a divorce, building her business and raising four children. The divorce was a brutal time for Kauai and her mental anxiety was off the charts. Kauai had turned to drinking and getting high to avoid the feelings and thoughts she was having. She felt as though she were being constantly attacked and didn't know how to get more stable grounding.

The rest is in her own words:

Challenges:

I was numbing to function. There was an overwhelm of emotion that I didn't know how to deal with in a good way so I did what I had to in order to ignore the situation. The situation wasn't going anywhere though so I knew underneath I needed a new way of being.

I had very low self-esteem and self-worth and I put on a lot of masks so people wouldn't know. People around me thought my life was great because I never shared these thoughts or feelings with them. It didn't feel safe.

I carried a lot of shame around and my behavior was only adding to it. I needed a new way.

Classes & Coaching with Christina:

The first time I met Christina was at a women's circle at her house. She kept a safe space for all of us and I finally felt safe sharing what I was going through because it was a place of non-judgment. I could share deeply without going deeper into shame. I felt drawn to these circles for the support. There's something freeing to speaking my truth.

Christina and I then did private coaching sessions. She held space for all my thoughts and feelings. She gave me a direction. She didn't tell me what to do -- just where to focus my energy rather than spinning in circles. This focus gave me more solid ground beneath my feet.

I needed to heal with a guide. That's what Christina offered. She held a light while I uncovered my own truth and value. She didn't tell me what my truth is, just let me find it.



KAUI
Divorced
Momprenneur

Kauai's Self-Assessment

How she
feels about
herself
now... 8



Where she
started... 1

Working with Christina:

Christina's small groups are non-judgmental. You are free to share whatever is happening to you without being pushed under the carpet. She talks about real problems with real tools - not fuzzy concepts.

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Christina's gift is asking good questions and allowing each person's truth to be their own. She doesn't pretend to have answers. She offers me a chance to find my own.

Christina's visualizations have really helped me get to my sub-conscious and the wisdom that I have there that can be difficult to tap into. They are creative and I never have the same exact vision twice.

Impacts:

I've learned that I can only change myself. As much as I'd love to change the people around me, this new perspective puts me in power in my life. I can do the work on me and it's actually enough. I don't have to change how other people show up or what they do because I trust I will be able to manage myself.

I started taking responsibility for myself and owning my short-comings and inner power at the same time. I'm not perfect but I have more self-compassion for myself, which in turn has offered more self-compassion for those around me.

I no longer need to numb. I feel all the feels and in the middle of a divorce, that's a lot. I make it okay to feel grief, anger, sadness, disappointment, shame - not to wallow in it, but to allow it to pass rather than bottle it up or run from it.

Maybe the biggest lesson and gift I've gotten from working with Christina is that I'm capable of asking for help. It might seem like a little thing to some, but being so independent before the divorce made me realize that I needed to ask for support in order to get the help I needed. I don't know where I would be without Christina coming into my life.

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