



LATITUDE

Frederic Rainville, Business Leader

I started consulting with Laura 2 years ago for my company and decided to hire her as a personal coach. Hiring her is without a doubt the best decision. Laura has made a substantial and positive difference in my professional and personal life.

Laura has done a tremendous job in helping realign my personal life by being a resourceful sounding board and an action-taking catalyst. She helped me think through critical issues that have a major impact on my professional success and personal life.

Laura's talent as a coach has helped me discover my own strengths and build on them.

The opportunity to think out loud with her helps me gain clarity about particular problems or issues and to develop strategies to move forward. Laura asks challenging questions and encourages me to take risks and at the same time is very helpful and supportive.

Working with her has inspired me to think bigger, do more and really accept my power, all of which has made my life richer and more fulfilling.

I found that the coaching process helped me to explore, determine and actualize many personal and professional commitments. I strongly recommend coaching - especially for people eager to evolve to a higher level of personal and professional satisfaction.

On a side note, hiring a business/personal coach is an investment... the fees pay for themselves many times over and in a very short period of time.

Thank you Laura for your valuable support these past years!

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