My relationship with Emily Britt has benefited me and my life in more ways than I can express.  The process in Emily’s coaching helped transform me from a woman who did not recognize her own self worth to a woman who now knows she can do it all.

In the beginning, I was worried about my own abilities to get things done and my lack of commitment.  At first, I wasn’t ready to dive in and I certainly was not the best at following Emily’s strategies.  I wasn’t prepared to move forward and tackle all of the areas of my life so that I could be the best “Dana” I could be.

Emily was so patient and understanding when I was overwhelmed, and yet she was still the taskmaster that I needed to keep me on track.  Her phone calls and time together helped me with insight into myself and all of those amazing things that make me unique.  For us, this process went beyond just coaching and I now call Emily a life-long friend.

Today I’m living the benefits of Emily’s hard work with me.  I have a clear vision of exactly who I am and what I have to offer.  I make appointment times instead of waffling with that commitment. I make a plan and I am not afraid of a calendar full of activities.  I learned to say “No” and to hear “No” without feeling rejected.  I am so grateful to have Emily on my team.