

“I cannot even begin to describe how amazing Kristina Jansz is and how much of a positive impact she made on my life. I am 24 years old. For months, I was feeling stuck at the same pace and going nowhere in my life. I was also struggling with anxiety and depression, meanwhile, everybody else seemed to be moving faster than me and getting on with their lives. I didn’t know what I was doing and I didn’t have a plan. I knew that this was the time to figure my life out which in this case, was to determine what I wanted as a career. I felt nervous, anxious, scared and hopeless. I couldn’t help but feel very disappointed in myself.

However, all of that changed when I met Kristina for the first time. I was completely new to the concept of career coaching. In fact, I had never even heard of it before, but thanks to my sister who introduced me to the idea, I decided to just go with it. After all, I was definitely ready for a major change in terms of career paths. I met with Kristina and we immediately connected. She was just super nice, genuine, spiritual, passionate, enthusiastic, helpful and very intelligent. I felt like she really understood me and wasn’t judgemental, like someone who I can trust. I could tell that she had a heart of gold and her compassion shined like a glowing light – the kind of light that can touch the hearts of many others. She even comforted me when I was dealing with other personal issues. That’s how I knew that she was the right person for me. A kind soul, who is extremely caring with an open mind, listens and only wishes the best for others. It was really neat to see things from her perspective and receive encouragement from someone with such a vibrant personality. Kristina made me feel really good about myself and helped me discover other parts about me that I didn’t know I had. I found out what my true passion and talents in life are! Her non-stop loving support and guidance motivated me to keep going, to become who I really am. She never once gave up on me.

I don't regret making the choice of career coaching, because the results have been extraordinary. I'm so happy I went on with it. I finally know what I am destined to do in life! Through everything that Kristina and I have worked on together such as doing research, taking courses, improving my speaking skills, interview training, developing resumes and cover letters including a portfolio was 100% worth it. I've never felt more ready to take on the world and make my way into the PR field to land my dream job. All thanks to Kristina, whom I have nothing but respect and gratitude towards. I've now gained a sense of new revitalizing energy and enthusiasm. I'm no longer the passive person I was before. Now I feel much more alive, confident and filled with joy!

Please know that you're never alone and that it's okay to feel down. We're all human and we ALL experience these feelings of being overwhelmed, stressed or listless from time to time. You have the power to climb out of that dark place. Don't give up and hold on to hope! You matter and your life was meant to have a purpose. There's nothing wrong with asking for help. But if you want to empower yourself, transform your life and take control again, totally see Kristina. I cannot recommend her enough. She is one of the best and most inspiring people I've ever met. I'm so delighted to have worked with her. Not only does she offer career coaching, but has other services that you may be interested in. These include: life counselling, life skills and empowerment strategies, Reiki, meditation, stress management and workshops. If this is something you're looking for, then go for it! Kristina changed my life and I'm sure she can change yours too. The journey of self-discovery awaits you!"

**Christina Fong**