

“I never thought that the lowest point in my life would also be the greatest gift I ever received. I was challenged beyond all my resources and skills, and feeling completely overwhelmed, anxious and depressed when I first met Kristina. Through our work together, I have realized that dark times filled with grief can also be times of tremendous transformation and healing. My telephone sessions with Kristina have completely changed my life: they fit perfectly into my busy schedule and allowed me to embark on a journey to rediscover myself.

Kristina is truly one of the most amazing people I have ever met and I cannot express my gratitude to her for helping me find joy and passion in my life again.”

Erin Hibberd