

Kristina is a very prominent figure in my life. She has this way about her that made me feel completely safe with her, and I always felt like she kept me grounded. I knew I could tell her anything without her overreacting or judging me. She was very respectful and honoured the person that I am. I felt very comfortable in my counseling sessions, and I learned a lot about myself, my hopes, my dreams and my relationships and/or future relationships.

I would highly recommend Kristina as a caring, knowledgeable and professional counselor/coach. She is up to date with her skills and her highly effective program that she has created and has profoundly helped me to make positive and healthy changes in my life. As a result I am living a more rewarding and self-fulfilling life.

Leah Garniss