

“My first visit with Kristina was a result of a good friend’s not so subtle advice and, since I am wary of any type of “life coaching”, I came armed with a healthy dose of skepticism. Boy, was I wrong! Kristina set me up with a plan that first day focusing not just on talking about issues, but actually actively changing the patterns that support them. My focus for my visits was training for the stressful medical school interview (MMI), and Kristina was brilliant in setting it up! She was unfamiliar with the process, yet within a day she had it all planned out and our training sessions were wonderful. Needless to say I will be starting medical school this year – enough said! I cannot recommend her enough!”

**Magda Lenartowicz**