

Some Testimonials from 1-1 work

"This is the best investment I have made in the past two years!" ~ E. P.

"Thank you Galina really appreciate these sessions. They are amazing. I don't know how you are able to explain and identify the 'why's' as you do! You always manage to give me a fresh perspective and provoke thought, which I really value. I have woken up feeling so much at peace today. Thank you" ~ M. J. A.

"Working with Galina has been life changing. She has such a unique way of opening up conversations and thought processes, without judgement or shame or guilt, enabling me to explore other perspectives and possibilities. Having been working with a fixed mindset for so many years on how things 'should be', I now feel really empowered to explore the 'what if'. Galina challenged me to trust myself, to take responsibility for my own peace and happiness - which whilst initially daunting, is now so empowering and somewhat exciting."
~ J. M.

"It took me a while to realise I was 'worth' the investment in both time and money to commit to - in hindsight, I wish I had done it much sooner, as our work has had such a positive impact on me."
~ J. A.

"I know & feel that some of my reactions/feelings toward my husband are coming from a "better-equipped regulated nervous system" as a result of your guidance. It's a great feeling to stop blaming & looking outward for reasons to pin my unhappiness on my husband or circumstances. Thank you!" ~ Carol

"Thank you for the support Galina - really like no one has ever helped me before. I've spent thousands of dollars with therapists, life coaches and nobody's ever gotten to the ROOT of my issues."
~ S. A.

"Through working with Galina I became able to take radical responsibility for myself and most importantly to myself. This manifested in my ability to create dynamic connections and relationships with my partner and children." ~ Elizabeth Willis, Ph.D.

"Galina our session helped so much: I was clear and calm and held my power (with my partner.) It was the most honest conversation we have had in years. You seriously gave me confidence yesterday and I am so grateful for you. I am sure this won't be smooth sailing but I have stepped up and been honest finally and it is such a relief. I feel proud that I have owned it but also opened up the communication lines. You are a universe-send!!!! Thank you." ~ Jane

"Life-changing!" ~ Lance

"Galina taught me what it means to take responsibility for myself, what it really means to love and honor myself and the me I am without fronts, without performance. She helped me gain new and necessary perspective on all of my relationships. Galina is a miracle herself and she's helping revolutionize the way women show up in the world. My life is forever changed because Galina exists."
~ Phaedra

"My primary intention in working with Galina was to return home to myself. During our time together I uncovered, processed, released, and healed - and in turn found myself embracing and celebrating all of who I am. Galina's presence is like no other. Her ability to lovingly create a safe space, invite in truth and knowing, and gracefully lead others into the next phase of their evolution is remarkable."
~ Sarah J.

"As a result of working with Galina I found a better sense of self. Understanding my own behaviour and conditioning more and actually being able to articulate what it was I wanted for myself and my life. I felt a sense of liberation to be able to work through this and come out of it with a clearer mind."
~ Tina W.

"I felt transformed after only two sessions with Galina, and my relationship was the first to benefit from this shift."
~ K. J. W.

Some Testimonials from Group work

"I particularly appreciated the very vulnerable, real life examples which were shared from your own life Galina as a method to explain what is was we were learning. This was a very unique experience and as a man I learned a great deal from hearing your female perspective."

"I will be forever grateful. I do not have the vocabulary to paint a picture of what our group experienced together during our 3 months of classes, but I can without hesitation say that my life has changed in ways that I could not have imagined was possible. Galina is a truly remarkable professional with unstoppable energy which when combined with her deep insight as a life experienced female created an amazing class learning zone for every participant week on week,. Thank you Galina for an excellent course. You have set me free on the path of being myself and it's been a beautiful experience."

"Galina is an amazing coach. Her program really has you look at your past, present and the future you are creating. She has a lovely relaxed style and brings so many great examples, coaching moments and a well thought out program that works. Galina, thanks for helping me along my journey!"

"It was all I hoped for AND MORE! The level of support that you offer is greater than I've ever experienced. You went way above and beyond by responding to every single inquiry in great detail! I can't tell you how much that meant to me. It made me feel valued and loved, even when I saw you do it for the other members. The amount of heart and soul that you poured into your class was felt and appreciated!"

"I have to say again that the money I spent on your Safe to Be Me program was the best money I ever spent. I didn't realize this during or even right after the program, but now it's just rolling into so many, many returns. So much energy I drew from the experience. It's an investment indeed! Which means that it's not spending money, but investing for making more in the future! You changed my life!"

"It's hard to express how amazing this course was. Galina's 'way' creates an extremely special, safe space to explore, discover, discuss and question an extremely wide selection of topics. The generous inclusion of her many personal life experiences and the way that she explains them provided a wonderful clarity for me to understand a whole load of questions that I had struggled to piece together for some while. It was also enormously helpful and interesting to discuss and listen to other mens' experiences. I can definitely say that this course has helped to nudge me out of the numb frozen state that I felt I was in, and the things I have learnt will stay with me for the rest of my life."

"Safe to Be Me" program helped me implement what I have learned in the past years. Before the program, I knew the theories-facts one must realize, but wasn't able to implement them. I had a hard time with creating boundaries whether for myself or giving space to others. I wasn't able to forgive myself for my past mistakes and the guilt would make me spiral into anxiety and depression. I didn't feel worthy to put myself first. This course gave me strength and "permission" to be safe to be me."

"This course exceeded my expectations in regards to the level of care, attention, and investment I felt from Galina for each one of us. The in-depth feedback on our Facebook group and during Q&As was wonderful. Galina's intuition and her ability to help usher me into my own safety and healing in such a loving way has been an amazing gift. This course has been an incredible catalyst for me in being willing to be seen and heard, and in being more authentic in my interactions with others."

"Definitely money well spent! I hesitated about the investment before joining, but I've also learned a lot about money in the program and this removed so many mental blocks for me. Not just money, but everything else in life - I've learned that it all starts and ends with me, everything I thought that was from the outside is actually my internalized reflection. Now I know that I always have the power and a choice. Thank you Galina for all the liberating inspirations!"