

Letter of Recommendation for Valerie Temple:

I have been one of Valerie Temple's clients for several years. Unlike a traditional counselor, she brings to the table her coaching hat. It was very difficult at first to get accustomed to a coaching rather than a counseling experience. Valerie's skills, innate instinct and spiritual wisdom has provided me exactly what I needed during the rough patches that I have run into and continue along life. I decided to seek out a professional like Valerie who had the formal training of a counselor but the tools and the know-how of a life coach. Too many times I found myself "depended" on whatever counselor I was working with and was ultimately left dismantled and confused. Valerie has always been able to protect both her boundaries as well as teach me how to protect my own. That way our interaction has always been healthy and productive. Regarding her counseling techniques, she goes beyond the call of duty to understand what kind of technique each of her clients needs. She doesn't treat everyone the same and therefore you feel truly nurtured and supported in your personal dilemmas.

Her devotion to God only makes her more powerful in her practice. You never feel like you have to believe in the spiritual doctrines that she does but at the same time you cannot deny that a Divine Power is at work when Valerie is helping you with something. She has backbone, passion, commitment, wisdom and persistence. She is also a natural teacher which shines though in her coaching because her focus is that you be set free so you can fly on your own and not be depended on years of therapy, medication or support groups. She is a healer of the soul which is our very essence. It is there that she goes to talk with you and find the root of your mental anguish, your tormenting circumstances or your desire to becoming all that you were created to be.

I have, through my coaching sessions with Valerie, had breakthroughs that only required a word or two from her. Many of those breakthroughs I have worked tirelessly on with "counselors" for years with no results just more baggage. Valerie taught to stop looking back, to stop making excuses and to take ownership over my life. She always has a word of encouragement or correction or wisdom and it's always delivered in love. She has inspired me after knowing her many years to pursue my own coaching practice and fulfill my dream of becoming a published writer. I still have a lot of growing to do, but Valerie taught me how to let go of the baggage so that I can grow. Now when challenges manifest I consider them a joy because those give me the opportunity to become more authentic and true to myself and my dreams. Currently, Valerie is coaching me on how to gather up the confidence within to pursue being a business owner and marketing my first published book. I would recommend Valerie Temple to anyone who feels stuck and they need a little nudge or feel defeated, worn out, confused, dealing with a life crisis or are just plain scared and tired of being stuck. Because of her and the support she provided me, she is one of the reasons why I am alive today and finally living out my dreams on day at a time.

In Love & Faith.

Athena Kapantas

President

SELF, INC. Life Program www.selfinlifeprogram.com