

Helena helped me to understand that I am not alone when it comes to my written communication challenges. After 20+ years in my profession, I really took it hard that I STILL had not conquered these writing hurdles. While I have taken writing courses in the past, the one-on-one sessions with Helena really helped me to understand my specific issues. Helena provided me with tools to help me simplify my writing and take out the “friction.” She also helped me to slow down (way down) and take **more time to write, review and revise** my writing. With her coaching, I learned that I write best in the morning and early afternoon as my thoughts are clearer and that makes writing them easier. I still need to review and revise anything and everything I write (even my text messages) but after her coaching I feel more confident when I do. I would highly recommend her.

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