



## Stress-Free Leadership Testimonials

I have been to many leadership training events and have even led some myself. Never in my wildest dreams could I have imagined what was going to happen to me over the two days of Stress-Free Leadership. Terms like “Rocked my boat” kept coming to mind. I’ve been a leader for many years, and I can honestly say that every session contained information that I needed to learn or needed to understand to a higher degree. With charismatic and loving people leading the way, you will leave the event with a guaranteed life change. Worth. Every. Single. Penny.

**Jeff Harmon, Chief Operating Officer**  
*Family Life, Bath, NY*

I just want to say thank you for this training. This is the best training I have ever attended. I appreciate that I know myself a bit better now and have already begun implementing the tools we have learned to be stress free. I was just telling my boss and team that I was actually sad we didn’t get to go back for a third day!

**Christal Tharp**  
*Repsol, Horseheads, NY*

Kate & David are unquestionably the best in the business. Their unique method of delivery will leave their lessons imprinted in your mind forever. Their training is the best “gift” you could give yourself.

**Pam Burrous**  
**Operations Supervisor**  
*Eastern Gas Transmission and Storage*

“I’m now bulletproof!”

**Tyler Burke, ICU Manager**  
*Guthrie Hospital*

Thanks again for an amazing 2 days! Best training I've been a part of by far! Got so much out of it and walked away realizing the Lord has already equipped me for this job; I just wasn't utilizing those traits as well as I could be! THANK YOU GUYS A HUNDRED TIMES FOLD!!!

**Rodney Coe**  
***Theatre Arts Director,***  
***Family Life, Bath, NY***

I wanted to jump out of my chair and get started on using my natural gifts in ways I never have before. I now feel so much more confident in handling difficult conversations. David and Kate will inspire you to take hold of your professional and personal life and ultimately, push you to live a joy-filled life.

**Brook Wise**  
***Community Development Manager***  
***American Cancer Society***

"I've been to a lot of leadership trainings...this brought it all together for me...the light went on."

**Jim Hamilton**  
***Birkshire Hathaway Energy***

I just spent the past two days working with Kate and David, and it was an unforgettable experience. I left with tools to help me confidently live a life I love and brings me joy both personally and professionally. Also, I'm very thankful to have met and experienced the stress-free leadership workshop with an amazing group of women who shared their unique gifts with me and help make the experience unforgettable. If I missed out on this training I wouldn't have been able to see the strength in my natural gifts that make me who I am. I feel that I can work with anyone in any situation confidently creating a safe space for everyone. Can't wait for the next workshop!

**Justina Lisi,**  
***Business Owner***

This workshop was an answer to my prayer. I am sleeping better now than I have for years. Everyone in the whole world should take this workshop!

**Deb DeWert, *Teacher, Ready, Set, Grow***

I just wanted to say that I absolutely LOVED the Heartfelt Leadership Training. I am implementing all of the wonderful skills that I learned and having a much lower stress level. Thank you so much for developing this training and delivering it in a way that is relaxed, safe, and interactive. It was a very relaxing and serene environment. The whole experience was amazing, transformational, and educational. I have already begun implementing the techniques I learned and I am amazed at how others are responding.

**Belinda M. Hoad, MBA**  
***Executive Director, Institute for Human Services, Inc***

WOW!!! What an amazing two days. I have never felt so comfortable with a group of "strangers" so quickly before. I left feeling Refreshed, Enlightened and Grounded.  
"DON'T miss an opportunity to attend, the work will be there when you get back but the stress won't. This training is transformative, keep an open mind and an open heart and it will change your world!"

**Michael D. Zinck**  
***Eastern Gas Transmission & Storage***

This was by far the best training that I have ever been to. It was absolutely uplifting, and personal. David and Kate made it possible for all of us to share by making us feel safe and important. This course has changed my life and way of thinking of myself and others, Thank you both for an absolutely wonderful two days. I will be sure to look for more opportunities to learn from the both of you.

**Erin Devine**  
***Repsol***  
***Stakeholder Resolution Center Administrator***

When I first heard about this course, *Stress-Free Leadership*, I laughed, but after experiencing it, I get it. It works! I really look forward to putting all of the great information that I learned to use in my job and in my life.

**David Stryker**  
***Program Supervisor,***  
***Arbor Housing and Development***

Stress-free leadership was probably one of the most useful, practical, and engaging leadership trainings I have ever been a part of. David and Kate do a fantastic job of meeting you where you're at and helping you walk away a better version of yourself. I

thoroughly enjoyed my time there, and the tools I learned have already been put to work in countless ways. I especially enjoyed the small, intimate setting of the training. It felt like I was receiving personalized training the entire time!

**Mike Heyd**  
***Family Life, Bath NY***

This inspiring workshop helped me to get in touch with ME. It taught me skills to find and maintain my center. As we are knocked around in life like a buoy, learning how to bounce back is crucial for those of us called to be leaders. I am very thankful for this workshop and look forward to the extended training. Thank you!

**Samantha Wagner MSN, RNFA, CNOR**  
***Surgical Services Manager***  
***Guthrie Corning Hospital***

I spent two days of connecting with myself and with others in a way that helped me as a leader, not only at work, but at home as well. Using the techniques that were presented have helped me remain calm in tense situations and have helped me to connect with staff, clients and even my teenage children. I will be forever grateful for the lessons learned and can't wait to learn more from Kate and David.

**Shanna VanPatten**  
***Program Director***  
***Preschool/Pre-K Age Level Specialist***

David and Kate are clearly experts, yet they teach in a way that makes attendees feel like the most important people in the room. I found the workshop to be eye-opening and fulfilling. I left with a much better picture of who I am and how I want to lead.

**Lisa Hall Zielinski, Director,**  
***University of Scranton Small Business Development Center***

This is the best training I've ever experienced! *Upbeat, Moving, and Personal.* I felt like I was a person not a client right from the start. I have used heartfelt leadership skills since attending the class; I have had a more positive attitude, been in a happier mood, and shrugged off little things that used to bother me before. I am a better person today for meeting Kate and David, and will continue to use their teachings as a means of good leadership.

**Scott E. Beebe**  
***Eastern Gas***

My experience was absolutely ground-breaking for me. It was an honor to be in that room with so many amazing individuals! We all owned it and rocked it! Kate and David have a way of truly opening your eyes to the potential we all have. They provide tools to be able to rediscover yourself. I will be forever grateful! Thank you again Kate and David for facilitating such a calming, safe space!

**Taylor Weaver**  
***Weaver Wireless, Williamsport***

Awakening, Refreshing, Warming ~ David and Kate's relationship with one another made this experience so much more unique and engaging than I could have ever expected. They're energy and cues with one another are what really made the experience something to learn from and grow...feeling ready to be a game-changer in the workplace.

**Meghan Beardsley**  
***Analyst, Customer Logistics, American Cancer Society***

Engaging, Empowering, Refreshing. I have no words for the beauty and truth I found in myself with your teaching methods. You are fascinating to watch together, brilliant.

**Ann Holleran,**  
***Dairy Farmers of America***

I found this workshop to be empowering, encouraging and lifechanging! I believe this experience will make a world of difference in my leadership, specifically in my abilities to role model positivity, respect, and personal connections.

**Jaclyn Woollett, Ph.D.**  
***Training and Professional Development Coordinator,***  
***Livingston County, NY***

Thank you for the great opportunity of attending your seminar! So powerful, inspiring and enlightening! You two are contagious! I loved every minute of it!

**Sherrie Sargent, Regional Office Manager,**  
***AAA North Penn, Williamsport, PA***

My perspective and approach to leadership has changed. I already feel more relaxed, and take things less personally, and know how to help my workers tell me what they need to perform at their best.

**Lori (Lyons) Patterson, M.Ed., NCC**  
**Associate Director, Lycoming College**  
**Williamsport, PA**

Introspective, Fun, Safe ~

David & Kate have an energy and synergy that works well together. They communicate ideas and concepts in a variety of ways, which helps all types of learners understand and relate to the message being conveyed.

**Renee Potter, Controller,**  
**Mansfield University, Mansfield, PA**

Taking this course has been life changing for me and I am just getting started on practicing what I learned. I have already paid myself back in leaps and bounds by being less stressed and being in-service to others.

**Tea Jay Aikey, President & CEO, Central PA Chamber**

Incredible! Stress-Free Leadership was life changing for me! Kate and David were very personable, joyful, passionate, caring and funny! It was great to be part of a small group and to not have to stare at Power Point slides for two days. I am now determined to be a fearlessly authentic leader, not just as a manager, but as a human being!

**Amanda M. Stuart**  
**Center Manager, Nonnie Hood PRC**  
**Corning, NY**

“It’s not often, if ever, that anyone has an opportunity to attend a seminar or training where the facilitators present from the heart and the heads! David and Kate have nailed it! They have a heartfelt way of engaging their audience while the listener’s inner self is enlightened and awakened. Powerful, Engaging, Enduring.”

**Kimberly Womeldorf**  
**Director of Programs & Services. Roads to Freedom CILNCP**

Positive, Inspiring, Amazing. This workshop and it's facilitators are amazing! The workshop is very interactive and gave me the tools to be my best self.

**Krystle Blencowe, M.S.Ed**

***Director, Steuben Rural Health Network Institute for Human Services, Inc.***

I had a wonderful experience with Kate and David! I couldn't ask for a better pair to inspire me and get me back in alignment with my core self. I feel so refreshed, I am jumping in and signing up for the Life Mastery Course! I can't wait to see what my future will hold having the help and support of Kate and David along the way

**Amanda Mahoney**

***Sales Administrator***

***Radisson Hotel Corning***

I feel so light! It's as if when I walk out of here I will float away! It has been the best two days I have lived since I have been an adult.

**Erin Devine, Repsol**

***Stakeholder Resolution Center Administrator***

Stress Free Leadership was a light in my life. As someone who has always struggled with stress, letting go, and being true to myself I say without a doubt that Kate and David have changed my life for the better. I am so excited to continue my journey through Life Mastery and continue gaining tools and knowledge to self-grow and live a happy and fulfilling life! Thank you so much Kate and David!

**Paige Fish,**

***Hilton Garden Inn***

This experience was very inspiring and touched the core of my being. The Heartfelt Leadership training has definitely helped make me a better leader to my team. I am forever grateful for the experience and the kind hearts of David and Kate.

**Shannon Sawyer**

***Assistant General Manager***

***Hilton Garden Inn, Corning, NY***

I feel so light! It's as if when I walk out of here I will float away! It has been the best two days I have had since I've been an adult!

**Tina Walden**

***Mobility Manager***

***Institute for Human Services, Inc.***

A commanding presence that holds one's attention throughout the course; never a dead moment. They are extraordinary representatives of leadership.

**Mike Gordon**  
***California Department of Transportation***

I have never been to a workshop with such highly personalized teaching methods. David and Kate welcome and support everyone's participation and have a wonderful bond and style of interaction with each other, allowing us all to relax and enjoy the process.

**Cat Mulcahey**  
***Owner Live and Well Coaching***  
***Wellsboro, PA***