

I have had the pleasure of working with Dea McKenzie over the course of several months. To say she has had an impact on my life is an understatement.

I went to Dea in a time where I was working through some personal and professional issues. At the time I began working with her; I felt like I was stuck in quicksand. Dea immediately dug in; helping me peel back the layers to what was at the heart of the matter and where specifically I was stagnating. Her fresh point of view and probing helped to identify blockages and limitations I was creating for myself. She helped me to construct a clear path and gave me tools to get on, and stay on that path. She has a keen sense of prioritization, scheduling and organizing and her guidance and ideas made a difference in how I approach tasks. I no longer feel overwhelmed tackling problems when I use the methods she showed me for planning and problem resolution.

Dea brought to light some negative self-talk that I was doing that I was not even aware of. She taught me to identify when I was engaging in the negative self-talk so as to change the behavior and turn it into a positive inner dialogue. She guided me with goal setting and visualization to move toward the goals I have set for myself.

She has great intuition and understanding of her clients. Her ideas on how to modify my approach resulted in tangible positive changes in my personal and professional life. Prior to working with Dea, my life felt like a radio station that was receiving some static. Dea helped me to tweak the station dial just a bit to bit to get a crisp, clear sound!

Another area that Dea was also able to help was personal wellness. She is very knowledgeable in positive, healthy living and gave me resources to achieve optimal health. Without her schedule prioritization help, I never had time to go to the gym. I now have a regular workout routine, am taking vitamin supplements and feeling vibrant, energized and healthy!

Dea possesses a unique blend of professional, personal and creative savvy to help people in every facet of their life. She has an easy going way about her that allows clients to put their trust in her and open up without fear of being judged, to allow her to make suggestions, ideas and tweaks in their lives to put them on a course for success!