

Testimonials

I have had the wonderful honor & pleasure of having coaching from LaShay Avery. She exemplifies a leader in so many ways, not just in words but in her action oriented results of empowering others. LaShay was my mentor who had, & continues to have, a significant impact on my professional development. LaShay compassionately empowers through encouragement, influence, transparency & her willingness to walk alongside you, by 'showing up' & 'showing how'. She taught me to lead from where I am; not to be afraid to be innovative; to ask for understanding & most importantly to ask myself 'what am I learning'. **Amy R.**

I had the honor and privilege of being coached by LaShay Avery. LaShay is a proactive and positive, she truly cares about developing others. She has excellent communication skills and is amazing at providing customer service. LaShay coaches by example. **Arin W.**

Ms. Avery's coaching is natural. She is consistent and supportive. Ms. Avery's exceptional coaching skills helped me a great deal in my growth as a leader in the company I worked for and the community I worked in. She is also skilled in various disciplines to include being a community-based trainer and licensed massage therapist. She is passionate in all she does and is driven to meet the needs of those she serves. I highly recommend her services. **John G.**

I had the honor to work with LaShay. She is professional, supportive, and has a positive impact on those around her always going the extra mile. It was a pleasure to have her work with me and a team as each of us was positively impacted. Her coaching style was not only focused on getting professional outcomes; but the personal growth of each team member. I have no doubt that LaShay will continue to have a positive impact and be a great asset to anyone who has the opportunity to work with her. **Ann G.**

"Ms. Avery's workshops are not the typical "rah-rah" motivational seminars where you nod your head in agreement and clap a lot only to forget about the very reason you attended in the first place. No, Ms. Avery is a master craftswoman in helping people evolve from bystanders to action takers in reaching their fullest potential. She offers practical tools and insights that anyone can start applying in the moment. She is compassionate and genuine in her approach all while delivering a poignant message. If you're looking to break down personal barriers and hone in on your best "you," then I would highly recommend attending any of Ms. Avery's workshops." - **Melissa Stefanski, *The Know Stress Zone*** <http://www.know-stress-zone.com>



"Ms. Avery has the ability to emote and empathize with others." **Kathy B.**

"Random? Not a chance. Ms. Avery is totally whole by design, desire and purpose." **Ted T.**

"It has been a pleasure working with Mrs. Avery. She is focused and outcome driven."

Anna Y.

