

PAUSEitive Testimonials

From working with Dr. Becky

“When Becky coaches me I feel understood and heard, but she has a way of gently pointing out thought patterns that I don’t even realize are there. I feel like my mental load has been lightened a bit after each conversation. She understands the trappings of the mind and expertly points them out, but the whole conversation feels like talking to a friend. I felt comfortable talking to Becky about personal things that I don’t bring up with other people, and she really helped me see around them.”

-Becky G, California

“Becky listens to the part of you that you have innocently lost momentarily. She instinctively points you back to the way of awareness that lets you return inward. There are very few people that can speak a universal language. She is one of those that insightfully engage in authentic conversation. She doesn’t demand that you listen, but you should. Her voice speaks to the heart and soul of the truth within us all. I’ve found myself lost for days in thoughts many times in my life, and it’s within an hour of our conversation wisdom and clarity shows itself once again, hiding in plain sight. You owe it to yourself to invest in what is most important, you. It’s refreshing to know someone genuinely cares for our innate well-being.”

-Dave

“Working with Becky and getting to know her has been meaningful and rewarding for me. It is interesting that she has spent 20 years as a college professor nurturing and guiding students. Thankfully, Becky decided to share her coaching talents with people in the larger world! Becky is so open and genuine, and it is obvious that she cares about me. We had a beautiful conversation about my mother’s death in 2018 that left me feeling curious and hopeful as opposed to sad and lonely. Becky also has a hilarious sense of humor, which she uses in a gentle way to help me find lightness in situations that have caused me pain. Our conversations are a bright spot for me, and I am grateful to have Becky’s support and kindness!”

– Karli, Michigan

"I had the opportunity to get some amazing coaching from Becky around some relationship issues. She is incredibly easy to talk to and listens in a way that made me feel understood. I love the way she picked up on a few tidbits that seemed minor and showed me how my thinking was creating my experience and how I ultimately felt about the situation. Becky is caring and obviously passionate about coaching. I would definitely recommend her as an exceptional Change Coach."

-Kelly