

## Private Practitioner/Coaching Client Testimonials -> 2023

- ♥ Deanne Drda has been my Practitioner for several years, and her presence has enriched my life beyond measure. No one has influenced my spiritual growth and consciousness more than she has. I so value her unique energy and demeanor, which combines genuine joy, curiosity, warmth and light. It invites me to feel safe and accepted for who I am. Moreover, her insightful observations and clarifying questions help me dig deeper within to identify patterns, feelings, and mistaken beliefs. Gradually, she has helped me make this inner journey with increasing confidence and self-love. I see beautiful Divine guidance not only leading me to choose her as my Practitioner, but also flowing through all the work we have done together. – PC, Jan., 2023
  
- ♥ Deanne is a most helpful and perceptive spiritual coach. I was going through some major transitions in my life, and worked with her throughout that time. She offered so much valuable insight and suggestions. The most powerful part of our work was how she helped me develop my own self awareness and answers with regards to the direction I needed to take in different situations.  
Perhaps the most wonderful thing about working with Deanne is her level of genuine caring and concern. Those qualities come through very clearly and they are so comforting to know that she is so dedicated and empathetic in her work.  
I highly recommend Deanne to anyone, and intend to work with her more in the future as life progresses. - CC – Dec, 2022
  
- ♥ My work with Deanne was so affirming, supportive, and exactly what I needed as I was going through major life transitions. She helped me gain clarity and the confidence to take the steps forward I needed. At the times when I felt the least supported by my friends and family, Deanne was there to provide unconditional acceptance and understanding. I am so grateful for my work with Deanne and very highly recommend her as a spiritual practitioner. – AP, Oct. 2021

## **Hold Me Tight Testimonials, 2017 - 2019**

### **Deanne Drda Facilitator**

#### **What did you find most useful about this [Hold Me Tight workshop] program?**

I found the handouts in conjunction with the videos to be very useful in guiding us on this journey. Deanne's commitment and willingness to help [us] made this workshop amazing and it was a great experience. I learned a lot about myself in this process with Deanne, a lot about my [my partner], and our relationship together. – J, Colorado

I think the periods of personal engagement were the most productive for me. – R., Colorado

As difficult as it was, participating in the breakout sessions to practice the "HMT" techniques with immediate feedback from my partner and Deanne provided a comforting reassurance that our relationship problems could be solved. - M, Missouri

Being here together and being able to identify with the attachment styles of the different couples. - B, Missouri

Deanne created an exceptionally safe space for us and safely guided us thru the conversations. She helped us open-up to see clearly and then make the best use of our break-out sessions. We were able to share and grow and have ah-ha's in our exercises and break-out sessions. – J, Colorado

Leveraging curriculum as way to understand our relationship and how we can break out of negative cycles. Breakout exercises were insightful and growth creating. Videos of discussion were great to set stage! - anonymous

It allowed me to open up and strengthen my marriage. – S, Iowa

Facilitator remained open to discussions – allowing for meanderings or insight that ended up being significant. – T, Iowa

Learning how to spot a hurtful word spoken to my Love. – anonymous

#### **Would you recommend this program to others?**

Yes, I would recommend this to couples who are open to introspection and have a desire for healthy connections with human beings. – J, Colorado

Absolutely. This program would be excellent for new couples to give them the skills to avoid the issues older couples have had w/o the new skills. - M, Missouri

Absolutely. Yes. – multiple respondents

#### **Any other comments/suggestions?**

Deanne, thank you so much for this wonderful experience. Your openness combined with your willingness to help, encouragement and non-judgmental attitude made this a safe space for me to grow and learn in. - – J, Colorado

I'm so thankful for the material and the availability of the "Denver Therapeutic Weekend" that I described to friends and family. - B, Missouri

I am so grateful for the framework, toolbox, and guidance to have the growth in our relationship! I now feel optimistic and hopeful. What a gift. Thank you! – J, Colorado

Appreciate time management of reviewing only 2 of 3 videos. Important time is when we were in breakout sessions and working on us. Deanne was great. Thank you so much! - anonymous

Thank you – this was very helpful and will continue to help us through the years. – S, Iowa

I just have gratitude for Sue Johnson, and for Deanne, the facilitator's work. Thank you! - T, Iowa

Thank you, Deanne, for creating a safe space to have such a vulnerable experience. The break outs helped us tremendously. – P. - FL