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I met Theresa Kahn as a provider of Coaching & Stress Management Services to clients experiencing change in early 2012 and had several skype sessions with her. I have a stressful and highly demanding job and was looking for ways to cope with stress and impeding burnout. Theresa helped me greatly by showing me various relaxation and meditation techniques which I now incorporate in my daily routine and which helped me immensely to become calmer and more mindful. Theresa is highly professional and very empathic, a good listener and excellent coach and I can highly recommend her.



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