



Fertility Testimonial

“Coaching with Tracy was an essential part of my support network in my journey to try to conceive. My husband and I went through several surgeries and failed IVF cycles, which were emotionally draining experiences. My coaching sessions with Tracy changed the way I handled my fertility issues. I learned tools that helped me stay motivated, relaxed, but most importantly, to actually start enjoying my life again. She gave me back a sense of empowerment with my body and my life that I almost relinquished completely to the challenges in trying to get pregnant.

Her approach is personable and gentle yet constructive and supportive. She listened without judgment and shared so much knowledge and insight that my road through infertility became less intimidating and more manageable. I gained hope, clarity, peace and insight.

Tracy’s coaching provided me with a sense of empowerment, optimism, and a community that I discovered along this complicated road to parenthood. She helped me develop lifelong skills and techniques that touch my life, my relationships and hopefully some day, my children.”

-Janet, 40

