

TESTIMONIALS



*Connect with us,
Trudy*

403.510.6187

trudy@simplymore.ca

“The executive coaching guided me in the process of understanding myself and the people around me, more clearly and without the guilt of worrying about what others may think. I was provided guidance and skill to more appropriately understand the feelings and reactions of others, allowing me to be a better and more effective partner, mother, employee and person in general. Trudy enabled me to discover a whole new world – the ability to appreciate and accept myself and others for the gifts that we all have and sometimes overlook!”

**Janice Ogilvie
Penmore Benefits Inc., Calgary, Alberta**

“Trudy is a highly trained and uniquely skilled facilitator whose infectious passion for creating original solutions generates the shared desire to accomplish transformative change within groups and within companies. The insights participants have into themselves, their colleagues, and the processes enable them to deliver enhanced value in each new work and life context. You leave her sessions feeling that not only your contributions but your personhood has been honored. You have been seen, heard and understood at a level that is affirming.”

**Chris Tobin, CHRP, CEC, Vice President H.R.
Pronghorn Controls Limited, Calgary, Alberta**

“As a business coach, Trudy knows how to connect with her clients, help them clarify and align their goals, and coach them to develop strategies to exceed their objectives. Anyone aspiring to improve their management and career opportunities would do well to partner with Trudy.”

Glen Vrooman, Calgary, Alberta

Trudy's love of life and passion for lifting the human spirit is infectious. She is an executive coach that helps people see themselves clearly. Trudy motivates people by linking daily work to long term goals enabling them to make their dreams come true.”



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**Bryan Lunge, Marketing Partner
Studon Electric & Controls Inc. - Calgary, Alberta**

"I've had the unique opportunity to have been both a colleague and student of Trudy's. In both cases, I witnessed her boundless tenacity and perseverance to see her tasks, objectives and goals to completion. As a peer, it gave me the confidence to go into opportunities knowing with Trudy on the project, we had the best possible probability of winning the deal."

**Dennis Ludbrook, Director, Business Development
Telus – Calgary, Alberta**

"Trudy has a knack connecting with people of all ages from all walks of life with passion, energy and creativity. As a coach, she gets straight to the issues by asking the right questions and challenges people to see outside of their regular thinking patterns. She is a natural coach, leader and life long learner."

**Constance Henry, Human Resources Advisor
ATCO Power - Calgary, Alberta**

"Trudy captivates and engages the audience with her stimulating messages and powerful delivery. She has integrity in her way of being, actions and in her words. Trudy is deeply motivated and passionate about helping others live a better life."

**Charlene Bailey
Husky Energy – Calgary, Alberta**

"Trudy spoke at a wellness event I attended and I was not only inspired by the words she spoke but by her presence. She captivated the audience and actively involved us in an exercise that immediately relieved us of stress. Trudy's delivery was exceptional and she was a delight to watch and listen to. I was truly inspired!"

**Diana Fitzpatrick
The City of Calgary**

"I am a more confident project manager taking on new initiatives with more energy as a result of working with Trudy. I am a stronger leader taking an active role in making changes to improve our work environment. I feel that I am taken more seriously and when I speak, and I know I am heard."

**Kathleen Coffey, PEng.
Concise Design, Calgary, Alberta**

"Trudy is an animated presenter who instills enthusiasm into her audiences. Her style of communication is up-front and personal with compelling messages that inspire people to action. She is flexible, adaptable and with her extensive speaking experience has the capability to address any size of audience effectively."

**Terry Barnhart
Calgary, Alberta**



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"I recently had the opportunity to hear Trudy speak. Trudy engaged her audience with both her informative content and her dynamic delivery. It was entertaining and inspiring to listen to her, and since then, I have made some permanent changes in my daily perspective."

**Janice Toews, Database Administrator
University of Calgary – Calgary, Alberta**



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