



Ellen Ades, ACC
Certified Personal & Life Coach

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Today, everyone of any age or gender is pulled in so many directions it has become commonplace to feel overwhelmed. I empower people. While I love what I do, I also take it very seriously. My clients know that I am devoted to their success. I welcome their words because it provides me with a 'reality check' and lets me know that I am doing my job facilitating the positive change that each client seeks.

Ellen is a GPS for the professional!

Barbara Moses-Haratz, Allied ASID, RN, NJ

In the past four months I have innovated and introduced a new program in my company to inspire and educate my employees. This resulted in a more productive workforce that enjoys coming to work! You made it possible by coaching me on how to make strategic decisions in a manner that was in sync with the business leader I want to become. You have a good understanding of my higher purpose and have continuously steered me toward it when my thoughts or proposed strategies for navigating life's opportunities were of a lower purpose. Thank you for your continued support and encouragement.

~Stephan Wiedner, CCO, Co-Founder Noomii, Inc., Vancouver, B.C.

Choosing to work with Ellen is one of the best decisions I ever made. Her ingenious coaching strategies became my catalyst for positive change and today my life is better because of her. Her coaching helped me realize my true potential, As a direct result of working with Ellen, the benefits are clear. I am able to make critical decisions with clarity and have become more adept at managing my leadership role in stormy seas. My 'problems' became opportunities instead of threats, and my life began to fall back into place.

I never expected a life coach to be able to handle both professional and personal challenges simultaneously, but Ellen proved her abilities and talents were up to the task. If you want the opportunity to change your life, or better yourself personally and professionally, I highly recommend Ellen! Her service is undoubtedly worth your time and investment. There is no price on happiness!

Christine Clericuzio, Vice President, International Planning Alliance, Red Bank, NJ

You are able to help people isolate that which they need to recognize about themselves, what they need to do to remove roadblocks. A session does not end when someone leaves you—one is left with much on which to reflect. You are, on top of it all, an intelligent, committed, and nice human being—one who rejoices in other's happiness's and accomplishments. You are a positive can-do person without any sanctimoniousness. You are someone I trust.

ℳ.L., New York, NY

Before I started working with Ellen I had hit the wall. I was concerned that it would be difficult to get unstuck and back on track. I knew that a professional coach was my best bet and Ellen was the right choice. She was an instant encouragement and an effective coach. In the three months that I worked with Ellen I developed and executed a plan to get out there and make my own opportunities rather than wait for something to come along. As a direct result of working with Ellen, I was able to recognize my strengths, make the best of use of them and landed my dream job!

David Goshorn, Portland, OR

My thinking has changed for the better and I have you to thank! Previously when life threw a few wrenches into my plans I would be so bothered by it all. I would second guess every decision made: feel guilty if 'wrong' ones were made and spend so much energy spinning my emotional wheels that I'd lose focus. Our sessions taught me to experience it differently. I am measurably more effective and productive as a result which has brought more success and enjoyment into my personal and professional life! You are an amazing coach. You helped my thinking evolve. Working with you enabled me to transition from wanting to become a writer, to forging my identity as an author. You empowered me to take an idea for a book and bring it to fruition. It is so powerful working with you!

~Kathleen Murphy, Author, NH

You are a gift to any client who has the privilege of working with you!

~Barbara Russo, Adjunct Faculty, New York University, NY

It's hard to put into words, quite frankly, how Ellen's skills and talents have affected my life over the last five or so months. As an incredibly busy business woman and mom who struggles to keep multiple balls up in the air with one hand, and multiple plates spinning on top of a stick with the other, she has helped me get unstuck from 'stupid' more times than I care to admit. Ever have a desk covered with papers, all representing different projects and think that if you stare at them long enough they'll go away on their own? Every feel so overwhelmed with multiple deadlines that rather than put your head down and plow ahead you simply move a pencil from side of your desk to the other? That's where Ellen is second to none in helping unscramble your brain to get straightforward thinking. Her guidance and counsel to me in this time and in this place was no coincidence. What she can do is amazing. What she can get **me** to do is more amazing.

Let me sum things up like this: Have you ever stood mere inches away from a George Seurat painting in a museum? Georges Seurat invented the technique known as Pointilism, which uses tiny dots instead of broad strokes to put his paint on canvas. It is incredibly time-consuming. When you stand mere inches in front of one of his paintings, you don't see anything; everything is a blur. But when you start moving backwards, his canvas becomes crystal clear ... it's amazing. All those tiny dots form the most magnificent, classic, master paintings. That's how it is to work with Ellen. The more you work with her, the further away you get from the issues that brought you to her, the more focused your brain becomes, the more clearly you see ... and wonderful things happen.

Lori Boxer, Weight No More Diet Center, NJ