



Persona Growth Coaching Testimonials

I have benefitted so much from my work with Zoya. Our sessions have helped me to become a more confident, self-validating person, And to trust in my own inner voice and wisdom. Zoya has been an extremely supportive and encouraging ally, and at the same time, her insights and clarity have led me down paths that I never would have considered on my own. Zoya cares about making the world a better place, and she was really committed to helping me discover and Achieve my own dreams. Zoya's help allowed me to move forward, at a time when I was feeling really “stuck” in my life... Thank you, Zoya!

–Judy Krinsky, Palo Alto, CA

I've been working with Zoya for about three years now, both through weekly check ins, as well as a sessions where we go deeper and utilized other tools she has in her belt. What makes Zoya special is that she has the unique ability to really listen and hear what you're saying with her heart. I can't tell you how rare that is! The sessions help me process everything going on in my mind and gain clarity. I leave each of the weekly check-ins feeling really heard and understood, with new clarity on the next steps that I want to take. Her affirmations help me feel fully supported and inspired. She also points out things that I hadn't realized on my own, which is really makes a huge difference if you're looking to gain more clarity or a fresh perspective. With Zoya, I know that I can tell her anything and never be judged. Working with her is has been a great investment in my personal self-care, and worth every penny.

–Wendy Hsiao, Cupertino, CA

Zoya is a skilled teacher and coach who uses her wisdom, insights, compassion and intuition in ways that help reveal our true selves. I have had the good fortune to work with her in our original Breakfree self-led group, and have participated in a number of her Art and Personal Growth workshops. I am always grateful for her guidance and insight. I highly recommend her as a life coach.

–Susannah McNamara, Salinas, CA