

## 1:1 Coaching Client Testimonial



My experience with Casey was honestly life changing. Her program wasn't just about dance. She mentored me, helped me gain confidence, taught me the importance of consistency and discipline, and the beauty in vulnerability through dance.

I signed up for the basic package that was 3 months long and sessions were once a week every week. I do wish I would've invested in the professional or premium package because the mental and physical growth that impacted me was great, and I regret not putting even more time into that. But overall, it was an amazing experience. Casey is a wonderful, hard-working, amazing person. When working with her you will see she is all about her work. You can see the love and discipline she puts into it, and it inspires you to do the same.

I am truly grateful for this experience and everything it taught me. I started this program because I wanted to start my career in dance and not knowing what the future holds for me in that, I know that what I can take from this was the positive change it did for me. Even if I don't get to become a professional dancer, Casey made me realize it was so much more than that. The love I grew for myself, the comfort I found in doing things out of my comfort zone, I was someone who found such difficulty in being consistent and disciplined and although I am still working on it, it was like she pulled me out of that trapped space I had myself in. I feel more confident in who I am and what I want for myself, and I have Casey to thank for that. She was there for me in so many ways, not just in dance. My hopes for the future are to continue growing in dance and excited to do this program with Casey again and come out even better!

For anyone who wants to pursue a career in dance or just wants to try something different with dance to get yourself out of your comfort zone, I promise this program is the best thing you'll ever do for yourself! I believe every dancer deserves to have this experience and you'll be a happier you if you do!

Thank you for everything Casey, I hope you continue to change lives through the art and love of dance!

**Adri Jimenez**