

Client Testimonials

PRIVATE COACHING · BREAKTHROUGH SESSIONS · HYPNOTHERAPY · NLP · EFT

Client names and identifying details have been removed for privacy.

Breakthrough, Hypnosis & Tapping Sessions

Single-session and intensive work

I had the privilege of doing an Embodying Metaphors Breakthrough session with Casey, and the experience was truly transformative.

From the moment we began, her warm and understanding presence made me feel safe, supported, and able to be fully vulnerable. She created a space where I could explore my emotions freely, and the results were incredible.

By the end of our session, I realized that what I had initially perceived as avoidance was actually fear holding me back.

Casey helped me uncover blockages that I hadn't been able to address on my own, guiding me to a deeper understanding of myself and my truth. I am so grateful for her ability to facilitate such profound breakthroughs. She has an amazing gift for holding space and helping others find clarity and alignment.

BREAKTHROUGH SESSION CLIENT

Working with Casey has been nothing short of incredible. She has this gift of helping you see the subconscious blocks that you don't even realize are running the show. For me, one of the biggest breakthroughs was realizing that the dual sides of me. The driven, ambitious one and the soft, intuitive one. And realizing they aren't actually at odds. They both want the same thing.

The way Casey uncovers these truths, the ones you've felt deep down but could never quite put your finger on, is so powerful. She doesn't just tell you what's there, but she guides you into your own clarity, and suddenly everything clicks. It feels like she holds a mirror to your soul and shows you the exact pieces you need to see to move forward.

I walked away not only with more awareness, but with a sense of wholeness I hadn't felt before. That's her magic.

COACHING CLIENT

I had been curious about hypnotherapy for a while but had never felt comfortable to explore it. Casey was the soothing, understanding to my fears. She made me feel so comfortable and brings such a calming energy to the experience. I shared my goals with her and she tailored the therapy to meet and enforce my goals. I felt so listened to and cared for. The actual therapy feels like you're mentally floating in a warm bubble bath, or the sigh of relief you feel when you hug a loved one. After I felt like my soul was dripping honey. I feel ooey gooey in the best way. I wanted to live in that feeling forever. Since my hypnotherapy, I felt like I was able to operate from an unshakeable and peaceful place. I can't wait to work with Casey again. If you're debating if you should try a session with her... you SHOULD!

HYPNOTHERAPY CLIENT

Last week I experienced for the first time a hypnotherapy session with Casey. I had some reservations because I have never had any true understanding about this type of therapy and would it really work for me?

Casey explained in such details, I was blown away. She took me in a deep relaxing comfortable state. I felt very relaxed and would be interested in continuing sessions with her.

HYPNOTHERAPY CLIENT

Working with Casey was truly transformative. I had been carrying a limiting belief around that I wasn't good enough to achieve a goal I set out on.

Through her holistic approach, using a really cool NLP tool, I was able to shift my perspective and align with my authentic self.

She guided me with compassion and I left feeling more empowered and aligned with my purpose more than ever. I'm very grateful!

COACHING CLIENT

Omg Casey is a VIBE. I've never met anyone like her and her energy was so pure. The work I did with her where we created different analogies for the hard circumstances I was working through was so mind boggling and so impactful. Will never forget it. She also asks the most thoughtful, potent questions and was the embodiment of an active listener!!

COACHING CLIENT

At first I was dubious, but .. lo and behold....Casey's pace, leading to insights, leading to an image and discussion that worked for my understanding of how to accept my brilliance vs. stuck in the muck - - helped me!! I haven't forgotten our work for a second.

COACHING CLIENT

Casey is beyond amazing. I never knew about tapping total game changer. She also has a unique ability to zero in and give focused targeted actionable advice.

COACHING CLIENT

Casey was amazing and so insightful! She really did have me shifting my beliefs through one session together. Her guidance made visualization flow easily and in a transformative way.

COACHING CLIENT

I loved my session with Casey. The weeping willow tree will forever be in my memory. I learned how much freedom, flow and fun I need also with physical embrace.

COACHING CLIENT

I loved working with Casey. She is a lot of fun and made you comfortable. She helped me see that I have an opportunity to truly create the life I want and to fill it with things that set my soul on fire.

COACHING CLIENT

Private & Program Coaching

Ongoing 1:1 and group coaching

I love working with Casey! She creates a warm, supportive coaching environment that made it easy to be vulnerable and dig deep. Her open style allowed for honest reflection while helping me process at the root level. Through our work together, I gained clarity, confidence, and meaningful forward momentum, ultimately reaching the outcome we agreed upon and feeling empowered and clear on my next steps. I would highly recommend her coaching to anyone seeking real insight, support, and lasting change.

COACHING CLIENT

...Casey offers a wealth of advice, encouragement, and knowledge. As a coach she will push you and be your biggest cheerleader, helping you reach tangible outcomes while also offering long term approaches to navigate what comes with being a high performer. I really appreciate how much Casey understands the physical and mental demands of the industry. I highly recommend Casey to anyone looking to grow with intention and confidence.

PROFESSIONAL PERFORMER

I knew the moment that Casey announced this program, I needed to be a part of it. I have completed 6 sessions with her and the growth I have experienced in these last 3 months is so profound and inspiring that it just makes me want to continue to keep grinding for a better me. [...] The mind coaching sessions for me were the most uncomfortable yet the most rewarding because we were able to do inner work as she guided me to make my own connections and conclusions in order to create the outcome I wanted. I'm so grateful for Casey and the resources she's created; you can tell that she deeply cares about her clients and helping them achieve the results they desire. Thank you for creating this program, and if there's anyone that's unsure about doing it, I encourage you to take the leap, you'll be surprised at how much you can learn about yourself.

PROGRAM CLIENT

10/10 experience!! Before our session started, I was having a lot of unclear thoughts about what it is that I'm trying to accomplish and through Casey's coaching I felt so much more at ease at the end. I truly felt that she was giving me her undivided attention and helped me breakthrough versions of myself to where I was able to make profound analysis and connections. At the end of our session, I felt a wave of inspiration and optimism to create more growth in my life. Thank you Casey!!!

COACHING CLIENT

Casey listens, she makes you feel supported and heard but also calls you out on your bull. Not only does she meet you where you're at, she helps you see the path to transport yourself to the best version of you. If you are ready to level up, Casey is the best coach to do that - personally and professionally!

COACHING CLIENT

...what I got from the program was far beyond what I could have imagined. This program changed the way I saw money, possibilities, and success for myself.

My mindset around my capabilities and what I have to do to reach them has shifted. The overall transformation I have seen within my confidence, business-mindset, and creativity is intangible.

PROGRAM CLIENT

Casey and her commitment to excellence and helping others is nothing short of what I experienced in her coaching program!

She is thorough, resourceful, dedicated and genuine. She will hold your hand but also hold you accountable!! The amount of tools she offers to her clients are extensive as well as timeless. I enjoyed being able to go back and answer questions or brainstorm ideas a second (or third) time around.

Casey empowers her clients to think outside of the box and to be authentic so they can step into their purpose and fulfill those dreams that once seemed unattainable.

So glad I made the choice to hire her as a coach :)

COACHING CLIENT

With boundless enthusiasm, patience, and a true commitment to my growth, Casey has been a guiding force. Her ability to share invaluable tips tailored to my unique learning style has accelerated my progress in ways I could have never imagined. What sets her apart is her remarkable capacity to empower and uplift.

Casey becomes your biggest cheerleader, relentlessly encouraging you to push your boundaries and reach new heights. She has a gift for unveiling your strengths and showing you the path to harness them. Authenticity is at the core of Casey's coaching philosophy.

She is real with you, establishing a genuine connection that creates an environment of trust and growth. Her candid feedback is delivered with the utmost care, pushing you to improve while knowing that she believes wholeheartedly in your potential.

Casey is attuned to your needs and aspirations, constantly tailoring each session to ensure you are getting the most out of every minute. Her dedication to your progress is evident in every interaction; she wants nothing but the best for you.

Celebrating the small victories is another testament to Casey's extraordinary coaching style. This not only builds confidence but reinforces that progress is a continuous journey, and every stride is worth acknowledging. Casey is a beacon of inspiration, empowerment, and unwavering support. [...] To anyone seeking a coach who goes above and beyond, Casey is the epitome of excellence.

COACHING CLIENT

She has helped me get clear on who I want to be, where I want to be, and how I want to show up. Casey helps me to figure out the skills and tools I need to do all that. She goes above and beyond to support her clients and goes that extra mile!

Casey has been the best cheerleader and coach I could ask for. She holds me accountable throughout the entire process! We all need an accountability partner.

I couldn't be more grateful to have her as a part of my team! Casey is incredible!!

COACHING CLIENT

Casey is an incredible mentor and coach! She has helped me find a light and confidence within myself in many aspects! She is thorough, honest, and has the best intentions for her clients. I'm so glad I've been able to work with her!

COACHING CLIENT

Amazing! I had the best experience with Casey. I learned more than that I thought I would. She made me think of so many things internally and that actually helped so much with what my goal is through her program, and that was just in one session. I am so excited to continue to work with Casey she is amazing!

PROGRAM CLIENT

The [program] modules have been a game changer! Applying them in real-time showed instant results and huge difference in my output. Making it all the more encouraging to continue practicing different techniques or diving into new ones! I haven't even finished the full library but am loving the experience thus far. Casey has really got something here for everyone.

PROGRAM CLIENT

Founders & Business Owners

Coaching for entrepreneurs and business growth

Casey is exactly how she shows up online—down-to-earth, fun, supportive, and so empowering. She taps into opportunities you didn't even know you had inside you. When my world completely shifted after leaving a toxic salaried job, Casey helped me focus on the areas that would propel me to the next level.

I thought I had already explored every nook and cranny of my personal growth, but Casey blew my mind with her insights, always dropping wisdom that took my thinking to new heights.

Not only did she support my mindset, but I also signed my very first consulting client—my NUMBER ONE dream when I started coaching with her, to start my consulting business.

After years of feeling undervalued in a W2 job, I feel more like myself again after these 6 months of coaching and so ready to dive deeper into my career. If you're just thinking about having Casey as a coach, stop thinking and just do it. She will absolutely blow your mind!

FOUNDER, CONSULTING BUSINESS

I have had the pleasure of being coached by Casey for the past six months, and the experience has been transformative for both me and my business.

Her guidance has been a catalyst in making time feel like it's collapsing, accelerating my progress in ways I never thought possible.

Every session with her brings new insights and clarity, helping me navigate the complexities of my business with confidence. In moments of doubt, her wisdom and encouragement have been invaluable, realigning my focus and reinforcing my commitment to my goals.

I am deeply grateful for Casey's brand of coaching. Her impact extends beyond immediate strategies and solutions; she has instilled in me a sense of empowerment and belief in my capabilities.

BUSINESS OWNER

Within just one call with Casey I was able to gain complete clarity on a coaching program I'd been mulling over for weeks. She has a magic that is able to see your vision, understand where you're coming from and who you are, and create a container that feels expansive yet with just enough parameters that it turns into the perfect client experience. She takes each idea to the next level to capitalize on its value for both the buyer and the brand, with a structural and systematic approach, which is invaluable for any visionary with many ideas, like me! I feel more confident than ever before after my call with Casey on my offer and value I give to the world.

COACH & BUSINESS OWNER

Hi Casey! I had a small market yesterday and was nervous cuz I upped my prices again... and I SOLD OUT of one of my designs and made TRIPLE of what I usually make in 2 hours- I literally left in shock but I wouldn't be able to do that without your coaching and the confidence you've given me to allow me and my business to grow, just wanted to update you, thank you!

BUSINESS OWNER

Casey, you are a rockstar! So knowledgeable about business, you give honest and truly helpful feedback/suggestions, and you are genuine. You've helped our business grow and we appreciate you so much!

BUSINESS OWNERS

Excited I started with you. The program has already helped me to be more confident. I like how this is teaching me how to build a schedule of the steps I've always wanted done. It's taking the overwhelming sensation out of my mind and making building my business feel more do-able.

BUSINESS OWNER

A client just paid in full and upgraded to the 1:1 in my program!!!!!! I f***ing did it!!!

COACH & BUSINESS OWNER

Workshops & Events

Group sessions, retreats, and workshops

We had the absolute pleasure of welcoming Casey for an EFT tapping session at my women's wellness retreat in Miami, and she was phenomenal. Casey curated the session to align beautifully with the theme of our event, making it deeply relevant and resonant for every woman in the room.

Her approach was warm, grounded, and intentional—creating a safe space where the women felt empowered, connected to their bodies, and free to release pent-up self-doubt and limiting beliefs. Many participants shared that they experienced a true emotional breakthrough and left the session feeling lighter, more in tune with themselves, and ready to embrace their personal growth journey.

Casey's presence was a powerful and transformative part of our retreat, and I cannot recommend her highly enough to anyone looking to offer genuine healing and empowerment through EFT. We are so grateful for her wisdom and heart!

WELLNESS RETREAT HOST

The mindset workshop with Casey was incredibly eye-opening. Within one hour, she opened my eyes into my "why" and what I truly value and strive for in my life. She is incredibly philosophical and offers scientific reasoning, tapping into what makes you, YOU! I walked into the workshop with hopes of what she would discuss, and she addressed it and went beyond what I could have hoped for. I highly recommend utilizing her expertise.

WORKSHOP PARTICIPANT

In Their Words

Messages and notes from clients

You're the best coach I've ever worked with.

CLIENT INTAKE FORM

Casey! Thank you for yesterday's session!! You are brilliant as was our hour together. Wow, I feel released from the shame I've carried, and truly excited to think and speak with pure clarity, without a filter filled with shame + embarrassment holding me back.

COACHING CLIENT

So delve into the dysfunctional breathing module yday.. Realized i've had a habit of Frozen Breathing, accompanied by Chest breathing...

Today at hot HIT class, I used the Charged and Calm techniques and HOLY S***. CASEY. what a difference. I finally know why they say to breathe through your ab work outs. Belly breathing was such a huge help. Can't believe it worked so well.

PROGRAM CLIENT

Thank you for always pushing me to be my best self, I can't express how much I love working with you.

COACHING CLIENT

You really are changing lives every day. Although I'm not physically in Miami anymore, all lessons learned, connections made, and hard work done has shaped me into who I am today. Thank you for being a part of that!

COACHING CLIENT

Casey and this program are absolutely amazing! 110% worth the investment.

PROGRAM CLIENT

Hello! Random shout out, but just wanted to say thank you for all the information and not being someone who fills trainings with a tonnnn of unnecessary fluff. I like the amount of story + info that you put into everything. I've gotten a few freebie things from other people and they go on and on and on sometimes where it's 30 minutes of them talking about the same thing and it drives me NUTS.

I feel like I get real tangible and helpful advice from all you do. So thank you!

PROGRAM MEMBER

I just finished watching your mindset module and a lot of your story really resonated with me. My therapist really worked with me on getting out of the victim mentality by teaching me everything that happened to me was my choice (I.e. I chose to stay in a bad relationship etc) which is true, but it also hasn't helped my confidence in myself. I think reframing my story to be more empowering is the missing link. It was a really helpful module, thank you!

PROGRAM MEMBER