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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.

CLIENT TESTIMONIAL



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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!

Aziza

CLIENT TESTIMONIAL



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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.

CLIENT TESTIMONIAL



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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

Alexis

CLIENT TESTIMONIAL



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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!

Samantha

CLIENT TESTIMONIAL



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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.

Alix

CLIENT TESTIMONIAL



”

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.

Adrienna

CLIENT TESTIMONIAL



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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.

Teresa

CLIENT TESTIMONIAL



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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.

Barbara

CLIENT TESTIMONIAL



”

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.

Angie

CLIENT TESTIMONIAL



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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.

Natalie Holbrook

CLIENT TESTIMONIAL



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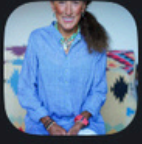
Casey is not only a true professional but she is a visionary! She makes your visions come to life. She has the perfect balance of creativity and organization.

In working with Casey she not only helped create one of the best trade program for Bacardi, but lead it from beginning to end. Rum Shakers was a true success because of Casey's hard work and dedication.

Bianca
Bacardi USA

CLIENT TESTIMONIAL

Text-imonials



10:42 AM

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. My neighbor helped me get the enormous dragonfly - it flew straight out the window next to the couch where I sat for our call. The spirit animal info is below... it's as perfect as can be!! Thank you Casey!! 🙏💖✨ Barbara

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.

Sun 1:09 AM

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



”

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...

CLIENT TESTIMONIAL



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...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!

Selena

CLIENT TESTIMONIAL



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Our company only gathers once a year and these 4 days have to set the tone for the next 12 months. With the majority of our team working remotely, creating cohesion and comradery can be a real challenge. Each year I am tasked with coordinating the logistics for a gathering that will be memorable, meaningful and fun. Wow, was this year a success! When I hatched this activity idea, I had no clue how to pull it off. After our first phone call, I knew you could do it!

CLIENT TESTIMONIAL



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You found the venue and literally took care of every important detail; all I had to do was get us there.

Thank you for being positive, flexible and encouraging through the whole process.

Thank you for putting together a team of choreographers to work with our nervous, uncoordinated and reticent employees. You brought us out of our shells and created a moment none of us will ever forget.

Angela Okrent
Voltaire Saddle Designs

CLIENT TESTIMONIAL



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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.

CLIENT TESTIMONIAL



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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.

Jasmine

CLIENT TESTIMONIAL



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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!

Taylor

CLIENT TESTIMONIAL



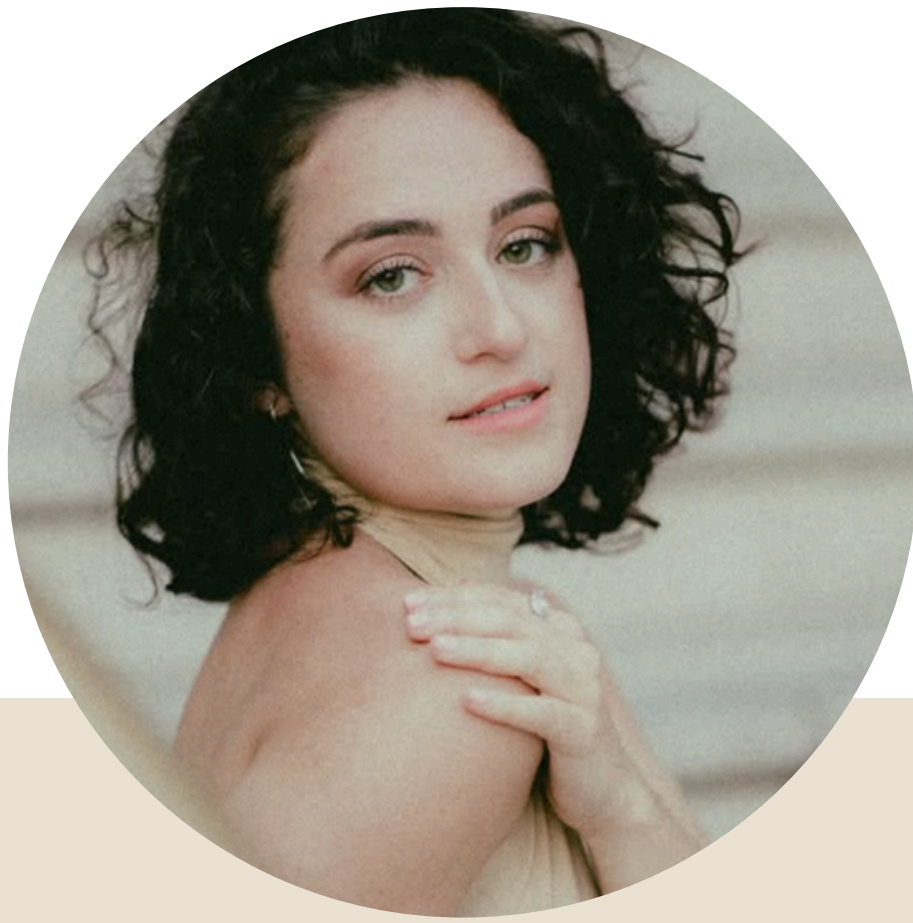
”

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.

Lisa

CLIENT TESTIMONIAL



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As an IDE alum, I knew Casey's programming would support my growth...but 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.

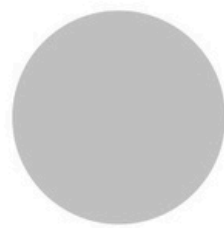
Sasha

CLIENT TESTIMONIAL

Text-imonials

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

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! 💖



██████████ commented: Casey and this program are absolutely amazing! 110% worth the investment

🔥💖💖 7h

♡ Reply Message

▶ 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!



”

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.

CLIENT TESTIMONIAL



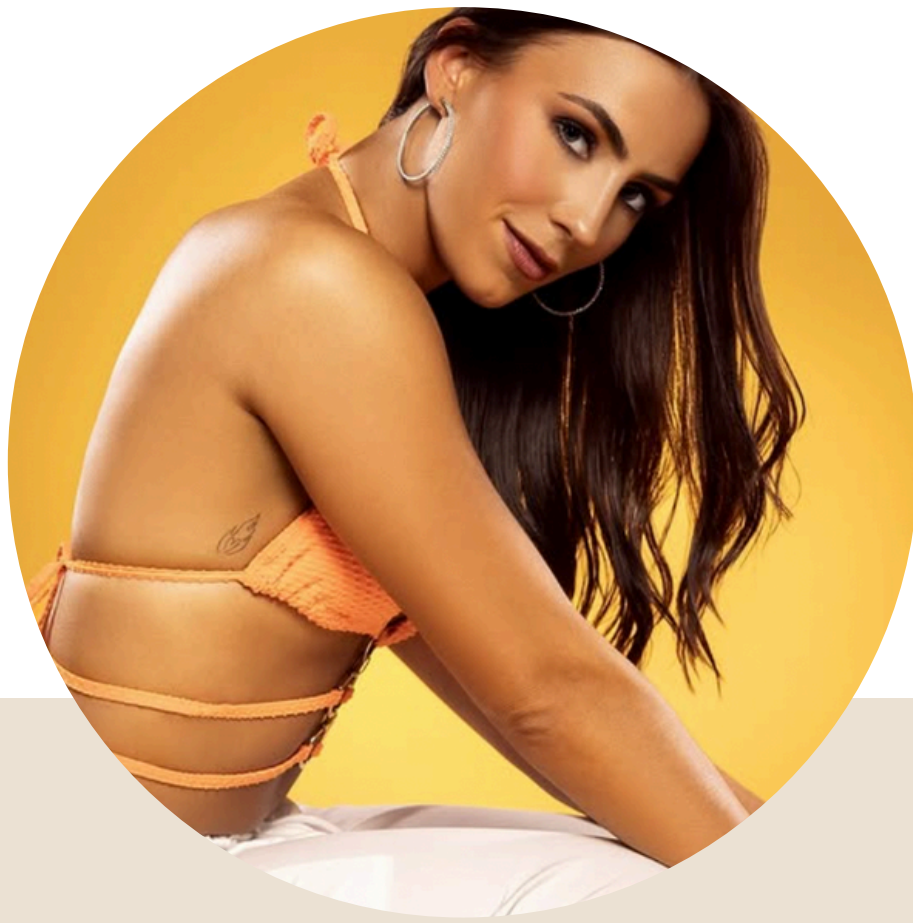
”

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 :)

Dani S.

CLIENT TESTIMONIAL

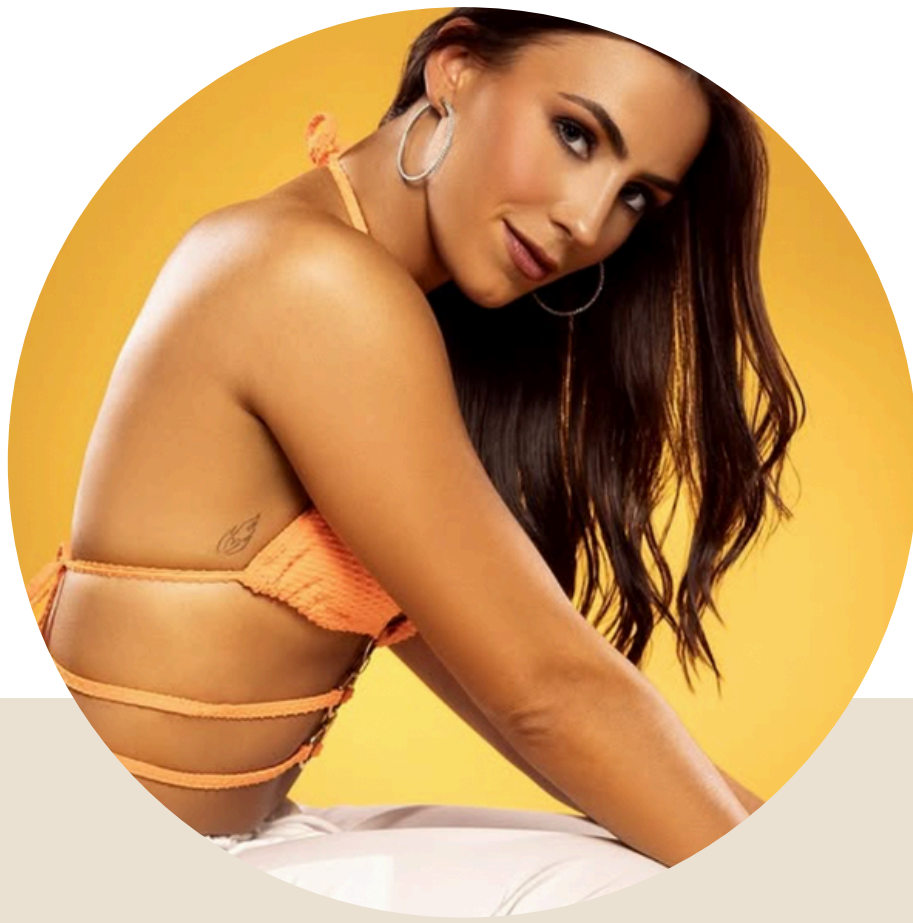


”

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.

CLIENT TESTIMONIAL



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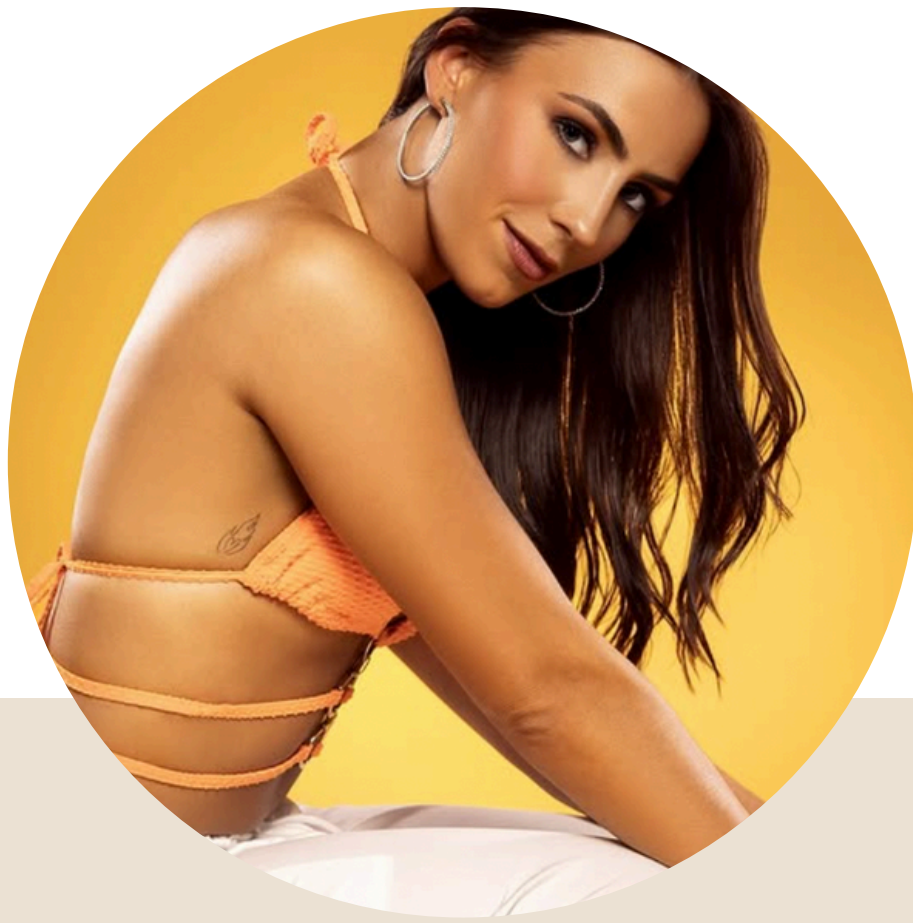
She is real with you, establishing a genuine connection that creates an environment of trust and growth. Her candid feedback is delivered with the utmost care, pushing you to improve while knowing that she believes wholeheartedly in your potential.

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.

CLIENT TESTIMONIAL



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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. She has become an indispensable part of my dance journey and helped me become the best version of myself. To anyone seeking a coach who goes above and beyond, Casey is the epitome of excellence.

Ashley L.

CLIENT TESTIMONIAL



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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!!

Carissa

CLIENT TESTIMONIAL

Text-imonials

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!

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!

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!



”

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.

CLIENT TESTIMONIAL



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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.

Danielle

CLIENT TESTIMONIAL



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Casey has been key to envisioning and executing our company's strategic direction.

She is a thoughtful professional who ensures she adds value to any project she is involved in.

Adriana Zabarrain
Director of Brand
Management & Business
Development for Twenty Two
Group, LLC

CLIENT TESTIMONIAL