

S1 EP23 How to live a more Empowering Life with Kate Goora Fried
@KateGooraFriedCoaching | www.kategoorafried.com

My Special Guest on the show today is Kate Goora Fried. Kate is a Life Coach and she's passionate about helping people who struggle with being their most authentic selves. She digs deep and figures out what holds people back in their careers, relationships and personal lives, and understands what they want more of and less of in their lives, what their values are and how to honor them. She then works with her clients to co-create a strategy that can help them to achieve their desires and goals.

Thanks for listening 😊