

CLIENT TESTIMONIAL



When I began working with Chris Howe, I had already made significant strides in many areas of my life. I had addressed my relationship with alcohol, was in great physical condition from competing in various triathlons and Ironman events, and my mental health was also in a decent place. The challenge I initially faced was identifying the areas I could still improve. That's when Chris's guidance became invaluable.

We started by exploring my "why," my purpose, and my values. Once I gained clarity on what truly mattered to me, I was able to see more clearly what didn't. As a people pleaser, saying "no" and setting boundaries had always been difficult. But with Chris's support, I learned how to set healthy boundaries with the important people in my life, which was a game-changer.

What makes Chris so special is his relatability. His approachable, non-judgmental style made it easy for me to open up and work through my thoughts and feelings—especially in the context of my relationships. We delved into my inner struggles, like my "chimp" mindset, and also explored how others perceive me, which has given me a much-needed sense of balance.

I came to Chris feeling like I didn't necessarily need fixing, but his coaching has opened my mind to new perspectives and possibilities. I've discovered a broader view of what lies ahead for me, and as a result, I'm happier, healthier, and more focused than I was before.

Chris, thank you for your magic. You've truly helped me become a better version of myself.



Nick Holland

Complete Communications