

I met Fred amongst one of the most testing and tumultuous times in my life. My marriage was dissolving, I was leaving a successful career to begin a new, completely unknown endeavor and had 2 children, ages 2 & 4 – my world was turned upside down and I needed a guide to get me on the right path again.

I began working with him casually, which over time became a much more intensive and involved coaching system.

Fred was gentle and insightful during a time when I was at my most delicate but he somehow knew when he could push me to overcome my fears and move out of my own way to allow me to find my true self and true purpose.

As a busy professional, single mom with a budding fitness career I had little time to work with him in person but he always made himself available when I needed.

He gained my trust through his wisdom, understanding and objectivity. So when I questioned my journey, myself or my choices he was able to guide me through the fire and support me through the tough choices I had to make.

Fred's ability to see me for who I really was and his ability to make me believe in myself, my own strength, my own power and wisdom as a woman and a mom helped me grow in ways I never knew possible.

Through many challenging and insightful conversations, practices and homework, he guided and asked questions that caused me to think, feel and look inward to places I didn't want to see, didn't know how to reach and sometimes didn't know existed.

The lessons Fred taught me will forever change the quality of parenting I give and the kind of mother I am to my children, how I run my business and who I am as a woman, partner and friend.

Fred's insightful, caring and compassionate coaching is able to see the extraordinary in the ordinary, but even more, he's able to teach others how to see and achieve it as well. That is his gift, one that I will cherish having been able to learn and grow from his expertise myself.

Deanne Gref – Engineer / World Fitness Competitor