



Client Testimonials

"One-on-one coaching is necessary because individuals have to be able to focus, organize themselves to be productive, carve out time to plan and vision, and to aspire to something more than is in front of them. Carol is uniquely qualified to do this work in organizational and corporate environments where the focus is on higher productivity based on better prepared and knowledgeable workers, managers, and executives."

-B.S., Entrepreneur/Wine Importer, New York, NY

"Businesses are entities operated by individuals. The success of such operations is strongly contingent upon the ability of those who run them to employ 'best practices.' Live ADHD Free, LLC helps dynamic managers impart confidence and consistency into their own lives, benefiting the organization as a whole."

-D.G., Attorney, Boston, MA

"Carol's work helped me develop a strategy for focusing on my goals, prioritizing my tasks, and managing my time. Learning how to set my own house in order and developing an understanding of how to get to the core of what is most important helped me become a better corporate manager. I no longer dance around the issues, but instead I am empowered to 'take the bull by the horns' and make it work for me and those under me. This has created a positive transformation in the way I feel about my work, how productive I am, and how I'm viewed by senior executives, co-workers, and those on my team."

- D.J., Architect, Boston, MA

"Carol Gignoux helped me identify my personal strengths and apply them more effectively to improve my performance at work. Her services have been worth many times what I paid for them. Considering that personnel costs are often an employer's greatest expense, any increase in employee effectiveness can lead to significant improvement. Carol's services are a great way to leverage this prime corporate resource."

-J.Z., Stock Analyst, Boston, MA

"Your coaching has made a huge difference in my life. I have read numerous books and attended many seminars, and while they were valuable, there has been nothing that has been as effective as the coaching you have provided. Because of your approach to success, I now embrace each day with more energy and drive than ever before. You have truly transformed my life and helped me become the confident, successful, effective person that I've always wanted to be!

-R. B., National Sales Director, Atlanta, GA

"Carol has cleared the fog and illumined the runway to enable me to plan, implement and perform my daily priorities with my wife and kids that are so very important to the health and well-being of our entire family. Carol has the gift — listen and learn."

- K.N., Builder, Boston, MA

"Carol has helped me see that I am so much more than my ADD. My productivity has skyrocketed, I am marrying the woman of my dreams, pursuing an inspiring career and am happier than I have ever been. It's amazing what working with a coach can do."

- M. C., High Tech, Newton, MA

"I suffered from memory problems and poor planning skills prior to meeting Carol. People would typically chalk up my failures to laziness or carelessness, even though I would put far more effort into my failures than my successes. Carol and I sat down and began working on concrete methods and mechanisms to help me succeed."

- L. K., Software Designer, Arlington, MA



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"Carol Gignoux recently presented as a guest speaker in my Developmental Disabilities class. Her personal and positive outlook and abundance of research based and anecdotal information provided a rich and engaging classroom experience. Students found her presentation to be insightful and thought provoking. Many of these future educators left with a wonderful 'tool kit' of ideas, and a fresh perspective on ways to assist students with ADD.

- Susan Woods, Associate Dean, Student Support Services Adjunct Psychology Faculty, Middlesex Community College, Bedford, MA

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- B.C., New York, NY

"I just received your Professional Coach Designation in the mail. I smiled as I reflected on you and our work together and wanted to send a note of thanks to tell you how much I appreciated your program and your style of coaching. I learned a great deal from you as your competence and creativity are truly inspirational. I am now working on building my client base and the marketing advice you gave me has made all the difference."

- W. Kessler, Concord, MA

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