



I have hired many Coaches and utilized various training programs over my three decades in business.

Shirley Polak brings something new, fresh and important to the table. In her "Mind Yourself" workshops, she changes the conversation from what we say to what we think...and that changes everything. By sharing a new technique of thinking, my associates can better position themselves professionally or personally for success. Shirley is strong, thoughtful and focused on our objectives.

Typically, as the owner of my business, I haven't participated myself in outside training sessions. Now I never want to miss a session with Shirley, I learn something about myself and my behavior in every workshop!

*Kimberly Michel, Owner - MICHEL FINANCIAL GROUP
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