

## **Rita Goldhammer Testimonials**

I read your book, *Enrich Your Caregiving Journey*, yesterday - What an incredible resource and guide!!! At age 29, I became my grandmother's caregiver and in 6 months learned a wealth of information - the hard way! What a blessing it would have been to have the book then. Thank you for writing the book and providing a much needed resource that will allow families to work towards making their caregiving experiences the best they can be! *Penny Greene Draves, Edina Realty*

Rita is very gifted in her talent with helping the caregiver. I also want every caregiver to have this knowledge and this help that her book, *Enrich Your Caregiving Journey*, provides. I have been through this experience as I bet you have, not only in business but your personal life. I don't know if you've read her book yet. If not, I'd like to make a request. My hope is that you will like it and find it as valuable as I did. I know this book will be a huge success. *Beth Woodworth, CPCC, CEK*

"In my professional association with Rita I have found her to be a great resource for seniors and their families. She helps families deal with the stress associated with grieving and loss. Rita has also recently published a book on helping caregivers navigate the often challenging work of caring for their parents while still trying to find time for themselves." *Nancy O'Brien, President - Case Manager/Care Manager, Evergreen Health Advocates, Inc.*

"I have known Rita for four and a half years as professionals in similar careers. In getting to know Rita, her knowledge of her profession and expertise stands as a hallmark to her. Rita has the heart to go with the knowledge to assist human beings in evolving to their higher self. She is outstanding in her capabilities to join with her clients compassionately and subsequently effectively guide them to more joy and happiness in their personal and professional lives. Rita, being a Life coach and author, is an exceptional addition to the healing profession. Her years of experience, her education and her heartfelt commitment to assisting the human race rise to a higher level of love and positive functioning are admirable, effective and life transforming. I highly recommend Rita Goldhammer as a Life Coach. I have no hesitation or concerns, only exceptional respect and admiration for Rita professionally." *Laurie Grengs, Owner/CEO, Associated Counseling Psychologists PLLC.*

"Rita is a wonderful manager and mentor, full of energy and life. She truly does care about her clients and is committed to helping people grow and thrive. I highly recommend Rita to assist with transitions, loss, and management issues. She will be a great asset on your team!" *Kay Holm, self employed, Lifepath Consulting*

"Besides her enviable organizational skills, intellectual curiosity and exceptional people skills, Rita's charm, humor and authenticity help make any workplace a fun and meaningful place to be. With some people, what you see is what you get. With Rita, you get so much more." *Michael LaBrosse, Owner, Leadership solutions, Inc*