



JENNY TRYANSKY
PERSONAL DEVELOPMENT COACHING

go inward. move forward.

PRIVATE COACHING TESTIMONIALS

Today, I'm feeling empowered. Empowered to live authentically and wholeheartedly.

When Jenny and I first started working together I was feeling rudderless. I had been laid off after a long and successful professional career. With everything familiar upended, I knew that more significant changes were coming, but I didn't have the tools to navigate this uncertain patch.

Our sessions have been a journey of self-discovery. They've provided the tools to re-wire, rethink, and reimagine my old self. I've been blown away by who I've found... ME!!

For the first time in my life I'm living as I am and not as I've been expected to be. The future looks bright these days, but my NOW is even brighter. Thank you, Jenny for being there with me along this journey!

~ Fede Vargas, Mexico

My time with Jenny was immeasurably helpful. She has a gift of picking up on subtle signals and helping me work through events and thought patterns that had me stuck. She helped me tap into an awareness that I needed in order to transform my thought patterns which were subconsciously weighing down my day to day life.

I can now say that with a lot of work, self-reflection and coaching that I'm on the other side of 'it'. I've seen numerous therapists in my life, for various issues I wanted to work through but Jenny has by far been the most effective and helping me work through some pivotal subconscious behaviours that kept the inner critic leading my way.

~ Corinne, Toronto, ON

My 6-month coaching experience impacted me in so many ways I was not anticipating. When I first started working with Jenny, my intention for this work was very career focused. I wanted to overcome some inner critic issues, as well as gain some clarity as to where I wanted my career to go.

Over the course of 6 months, my career intentions and understanding of where my life "should" be totally changed. After gaining clarity on a number of issues and utilizing tools to help me chart my own path and reach my own conclusions both personally and professionally, I now feel empowered in every sense of the word. I have the inner confidence and clarity of self to take on any obstacle or uncertainty that I may encounter, without the threat of succumbing to my inner critic defense mechanisms.

I honestly didn't think this work would have such a profound impact on my understanding of myself, my outlook on life, and my ability to navigate the peaks and valleys that I encounter daily. I'm now content to "be" where I am and relish in my current state. I came to understand the importance of prioritizing my family and personal needs





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over the expectation of advancing my career. I genuinely feel confident in my abilities, proud of how far I've come, and optimistic for the future.

~ Lauren H., Head of Marketing, Vancouver, BC

I was interested in coaching because my lack of confidence and mounting anxiety were holding me back from achieving my goals. I am a highly motivated and successful individual but my perfectionism and desire to control outcomes were starting to control me. Jenny's Inner-Critic Package promised to tackle some of the issues I struggle with on a daily basis, and I was excited about shedding my fears and unlocking more of my potential.

Working with Jenny has helped me better understand the voices in my head that hold me back—where they come from and how to better work with them to take on change and challenge as I contemplate the next steps in my career and personal life. She helped me to identify what is important to me, to re-define confidence and to give myself the same compassion I give others. She challenged my limiting beliefs about myself, and I can say with confidence that I am approaching the future with a greater sense of adventure and optimism rather than fear and worry.

Jenny was made for this work. She has that magic combination of professionalism and relatability that makes you want to open up and not be afraid of being vulnerable. She creates an environment of trust that is comfortable, joyful and effective for getting the most out of your time together. Coaching with her felt like talking to an old and wise friend who asked all the right questions. I laughed, cried, questioned and strategized, and am walking away feeling more empowered, having learned how to really trust myself. Perhaps most importantly, I now feel a greater sense of calm, and that alone was worth the investment.

~ Lesley W, Public Servant, Toronto, ON

This was my first time using a coach and I am so grateful it was with Jenny! I learned a lot about myself and how to tune into those saboteurs and read them the riot act. I really didn't know what to expect, but each session was an honest and heartfelt look into why I was feeling the way I was, followed by a constructive conversation on how to manage and address those thoughts and challenges.

I was also able to look a little more closely at myself from a different perspective. The tools and conversations have really helped me reiterate my belief in who I am and the privilege I have to let myself be whole without feeling like an impostor. I'm looking forward to continuing my work with Jenny in the future.

~ Alicia, Marketing Professional, Toronto, ON

Admittedly, going into this process, I was a skeptic of professional coaching as a whole. I came to it because I was at an impasse with my business, looking for some guidance during a critical growth period. Without knowing it, I too was at an impasse - both professionally and personally.





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Jenny helped me unpack the parts of my life that were holding me back. I came out realizing that I wasn't truly invested that growth in a purposeful way, subsequently saving me hundreds of thousands of dollars and countless sleepless nights. Over the course of 8 months, the work we did together was so much more than what I had anticipated or could ever imagined.

Jenny gently navigated me through years and years of my own hard-wiring and sabotaging tendencies, unearthing the behaviours that held me back from producing my best work. Working with Jenny is the kind of uncomfortable yet transformational, sit with yourself, wanna-run-away from, essential deep dive that I often avoided in the clutter/busyness of day-to-day entrepreneurship. Jenny provides a kind, thoughtful, insightful, introspective, at-times firm and loving companion that you want along for the ride.

Today, I can honestly say that I've never felt more creative and in control of my career. Thank you, Jenny.

~ K. Zanardi, Director & Photographer, Toronto, ON

Unshakable. This is how I feel right now. It is crazy that to think that just a few months ago, I felt broken in a thousand pieces, far away from my family, dealing with a grief, with years of people pleasing, I was just filled with self-doubts and would constantly seek for reassurance in other people.

Through practical exercises and reflection, Jenny helped me realize that I had all of the comfort and answers I needed within me. That this bright and powerful voice in my head was stronger than my inner critic voice. I could rebuild this self-confidence, I learned how to say no and now, I am letting things go. My relationships have improved a lot, I feel very light but strong at the same time. All I see now is brightness!

~ N.S, Toronto, ON

Jenny has been an invaluable resource for my personal growth. I came to her at a time where I felt lost with a sense of complacency taking over my life. As a stay at home mom of 4 years trying to figure out how to re-enter into a career, I felt stuck on how to move forward. Through Jenny's very skilled and creative approach I started to uncover what had been lying dormant for so long. I gained confidence to share what my life goals and ambitions were and saying them out loud made them very real.

I started to believe that what I envisioned for my life could actually come to fruition. I connected with my authentic self. Jenny's service offerings are perfect for people finding themselves in a space where they are ready to connect and align with their life's purpose and living a more meaningful life.

Different from traditional counselling that focuses on mental health support, Jenny's work helped me uncover how I want to live my life and the possibilities that exist. She comes highly recommended!

~ Martha Hazell, Social Worker, MSW, ON

If you're not working with a professional, how are you growing, as a person? Just with books or podcasts or TED Talks? Those are nice supplementary resources, but a six-month commitment to coaching is an emotional rocket launcher. You'll uncover so much and be introduced to so many more new ideas by working with Jenny. Her





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sessions are very dynamic and moving and at times very difficult, but it's never boring and much less incremental than self-study, in my opinion.

Now that Zoom is everything, it's also super convenient to do coaching sessions—you can cry online from the comfort of your home!

I really can't overstate how much this work has meant to me.

It feels like I'm waking up from a long period of stagnation. And I attribute that to the coaching process, which is helping me shift my perspective and inner landscape. I look forward to our sessions, and as a result of our work, I notice I'm smiling more, feeling more purpose-driven and overall more engaged and optimistic.

Cultivating a sense of openness is making me happy. Getting off auto-pilot is super energizing. There are SO MANY cascading effects of coaching.

~ Megan Power, Advertising Creative, Toronto, ON

Coaching with Jenny has been amazing! She is gifted in her ability to connect, ask powerful questions and listen to the whole person. Her curiosity and confidence to explore the uncomfortable leads to moments of true growth and priceless insight. She keeps things real and will tell you how it is all the while creating an atmosphere of support and trust.

~ David, Sun Valley, Idaho

Coaching with Jenny has been incredibly transformative. Thanks to her help, I am now so much kinder with myself. My inner-critic voice has always been quite loud, but Jenny helped me dim it to instead embrace a new more empowering voice. Through her guidance, I am now able to better recognize my inner-critic and work through my emotions.

She has enabled me to see myself, my value and life in a completely new light. I finally feel good about embracing and celebrating myself! Most importantly, Jenny always provided me with a safe and judgement-free space to truly be myself and speak my truth. Her kindness is so pure, and she is such a genuine and patient person. Thank you, Jenny, for everything.

~ S.H., Montreal, PQ

I truly value the time Jenny and I worked together. She was instrumental in helping me unpack and reconsider years of negative behavior I'd inflicted on myself which has helped me rethink and improve my approach to a variety of situations, both personal and professional. She neither pushes or answers questions for you, instead she guides, empowering clients to come to their own conclusions. A dedicated listener who wholly invests in whomever she's working with, Jenny creates a relationship with clients that becomes as important as those with dear friends and loved one. She is part therapist, part cheerleader, part advisor and 100% coaching phenom.

~ Jessica, Global Head of Merchandising, Google News, Seattle, WA





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Life coaching with Jenny has realized individual strengths and new traits that would have taken me ages to find on my own. I am grateful for trying it, and really fortunate to allow it to develop over the past six months. Coaching quickly zeroed in and targeted the trigger points of my behavioral patterns that hindered my personal growth. The benefit of coaching has been felt in my personal growth as a person, as a husband, a father and in my professional life.

Jenny gave me techniques and methods to change the root of myself to grow in positive directions. Coaching has taught me how to recognize old patterns and adapt my behavior on my terms in ways that were useful and applicable to me. Just me. All the theoretical therapy and self-help/ growth gave me the background, coaching applied it. I have read a lot of this type of material, but coaching gave me real things to hang on to when I need to.

I am most proud of my changes and my growing self-acceptance that self-reflection and coaching has brought. I have learned to accept and move on with self-kindness. The homework was really valuable, as it was usually done 2-3 days after the session after a period of self-reflection. Deeper answers happen after some time. I have seen the end of devaluing myself and I have learned and felt the effect of forgiving myself. Before coaching self-forgiveness was a theory only. I didn't expect to feel as good about myself as I do now.

~ Andrew Stanton, Commercial Airline Pilot, Barrie, ON

I initially came to Jenny because I was starting a new entrepreneurial venture and wanted to make sure I didn't repeat subconscious destructive behaviors that ultimately caused previous endeavors to fail. Best decision I ever made.

Jenny has a unique talent for hearing what you're saying, regardless of your word choice, and gently guiding you to where you need to go. It turned out that I had a deep-rooted and very loud inner critic that was preventing me from achieving my goals and dreams. Jenny helped me identify it and gave me tools to manage it.

After only a few sessions, I started noticing a difference in the way I reacted to my environment. I am calmer, more present and more confident. Today is my final session, and after six months of working with her, it truly feels as though the world is rallying around me. My new business has secured funding and we have begun what my teams believes will be an exciting journey. I am grateful for having Jenny in my life and looking forward to walking the path ahead.

~ Media Executive, Toronto, ON

I sought out Jenny at a time of great change in my life both personally and professionally. I had lost myself quite a bit, was struggling to adjust to all the "new" in my life and just generally felt anxious and stuck. Not only did I want to feel better, I wanted to understand WHY I was feeling this way. To really get to the root of it and learn more about myself. To be able to articulate what I was feeling.

Jenny and I spent a lot of time working on my inner critic, which I discovered can be quite loud and pops up more often than I realized. We practiced visualization techniques that helped me see situations from various perspectives - literally and figuratively. We spent a lot of time figuring out what I truly value and want in life. And





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then how to go for it and make it happen. The work Jenny and I did together was absolutely transformative for me.

Jenny has the unique ability to listen so attentively that she can hear what isn't said and distill one's most jumbled thoughts into a narrative so apt it will send good chills down your spine. Her approach is always purposeful, challenging her clients to set and achieve goals for the conversation, the next sessions and beyond. She's also funny, charming, warm and brilliant. What more could you ask for in someone to be vulnerable with and motivate you to put in the right work for the best results?

~ Cathy, PR Professional Toronto, ON

Only halfway through our sessions and Jenny has changed my day to day life so much for the better. From our first session Jenny has challenged and very much supported me to live outside of my comforts which were holding me back from falling in love with the most important person...myself.

The tools she has provided, as simple as a few words here and there I can use when I am spiraling at work or when I am panicking on a date, I draw on what she has taught me already and I am able to bring myself back to center and remind myself I am AMAZING!! She has allowed me to take command of my life and I am so looking forward to what the next six sessions look like!

~ Katie, Toronto, ON

Jenny provided me with tools and dialogue to support me in discovering the directions that I wanted to take in order to move forward. I was in a place where I felt "stuck" and I am happy to report that, after working with Jenny, I have become "unstuck!"

In the time that we have worked together, I have launched a creative website and brand, taken management courses to further my learning, and developed a greater understanding of how to balance personal and professional goals in order to focus on my overarching goal: happiness. With Jenny's help, I have come to realize that happiness cannot be undervalued.

Seeking happiness, attaining it, and maintaining it are a process and an integral component of "the whole person." After working with Jenny, I am happy to say that I feel more "whole"; I am not ignoring parts of me that should not be ignored and I am more reflective and intentional about pursuing what makes me happy, healthy, and fulfilled.

~ S.H, Toronto, ON

Jenny was the first coach I ever worked with and even after many years of therapy, she was able to help me identify my limiting beliefs and create a MASSIVE shift in my mindset over our time working together.

She also taught me the importance of self-compassion and self-soothing practices which were a huge part of my journey towards accepting myself, and believing in myself fully! I would highly recommend her to anyone who's looking at making a shift in their life or anyone who is looking to find real confidence in themselves.

~ Meagan Faye, Calgary, AB





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I could never see myself undertaking this type of self-work. I always thought of it as “granola” and that it wouldn’t benefit my type of analytical thinking. I was wrong! Not an easy thing for me to say. The time I spent with Jenny exploring my inner critic was like an emotional boot camp.

I went into it feeling bogged down and full of self-doubt after a hectic year and a career change. The four intense sessions were exactly what I needed to crack open my shell and discover the voice of my inner critic. It has set me on the right path to address my insecurities. Something that I had brushed aside as an outgoing, type A personality. Having weekly exercises and emotional homework kept me on track and gave me the tools to explore this nagging voice in my head that was keeping me down.

Jenny made me feel comfortable to open up but also pushed me outside of my comfort zone. This was what I needed more than anything. One of her quotes that is so simple but was so profound to me. *“If nothing changes, nothing changes”*. She taught me that growth hurts and is messy but in my case that was exactly what I needed to discover self-compassion and stand up to my inner critic.

I would highly recommend this coaching package! I have never experienced anything like it before and am happy fate brought Jenny to me. If you can put aside the stigma around counselling or therapy and look at it like the time and money you put into getting your nails done, having a massage, going out to lunch or to the gym. It is easy for us to focus our time and resources on our social agenda or our physical health. What I have discovered and am trying to do by continuing to work with Jenny is to put the same emphasis on my mental health. I didn’t understand the control my inner critic had over my life and feelings. I am excited to keeping working towards healthy thinking and a confident outlook!

~ Alexia Conley, Business Owner, PEC, ON

I thought I was broken. So convinced in fact, that I was almost disappointed when I realized that I am not. That was just a story I have been telling myself. I never knew there was a saboteur voice in my head. I didn’t know how to decipher between my true powerful self and this saboteur because I didn’t know that these two forces coexist in me. And all the while I’ve been BFF’ing with the saboteur voice, and my true self goddess warrior voice was wasting her time in the dark. This recognition and acquaintance and ability to self-check has been a game changer for me. I feel real power in being accountable to myself and not to the infinite stories I have been telling to myself for all these years. Thank you for teaching me the tools to be able to really see these tales for what they are. I’m so done with the same script holding me back. I’m writing a new one now!

I’ve never been the center of my own attention in such a deeply intimate and vulnerable way. You make me feel safe. I’ve never felt so listened to. You really helped me unravel and get myself back to ground zero. You’ve helped me to reawaken a part of myself that has been sitting on the sidelines of life. For me this coaching experience has been somewhat of a jumpstart to a sluggish motor. A much-needed reality check that I don’t think I could have discovered on my own. You have been a wise, nurturing guide, helping me so lovingly on my path of self-discovery and change. You nurtured me in a firm and unconditionally compassionate way that has nourished me so profoundly. I recommend this work to anyone who has ever felt stuck and needs someone to help pull them out of the mud. Thank you for teaching me to better help and love myself.

~ Ellana, Artist, Montreal, QC





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My work with Jenny has been truly transformative. These are not words I use lightly. At the age of 52, having had several experiences with counsellors throughout my life, I can say without hesitation that this is different. During our sessions I always feel heard, understood, encouraged and supported. And that feeling lasts long after. But what I didn't expect was the way that our sessions have started to work in my life. It's clear that some deeper things are shifting and moving in such positive ways, and all without the primary focus being on digging into my past. By focusing on being present and looking forward, Jenny has helped me to find my own inspiration, motivation, energy and clarity. And what has made it work is the knowledge that the changes have come from me and are at my own speed and style, not something imposed from the outside. I am very grateful to have such a kind and insightful guide to this process.

Speaking with you in our sessions always fills me with energy and motivation. Your voice and words are like a warm hug. You offer a safe and energizing space for growth. Coaching has been an amazing way to develop and experiment with strategies for lasting change.

~ Lilly, Ottawa, ON

Working with Jenny as a coach differs from my past experiences of working with therapists. While I've had rewarding experiences across the board, with Jenny, it's been a freeing, unhurried, unstructured journey that has organically responded to my life, allowing me to explore different needs every time we speak.

Through thoughtful questions and promptings, Jenny's guidance has brought me to places within myself that I either haven't seen in a long time, have never quite seen from that perspective, or just plain haven't seen at all before. It's like having a wise, trusted and insightful confidante by your side, wandering down a path of reflection and discovery together ... and the amazing thing is, without fail and without trying, the different paths lead back into each other for some mind-blowing realizations. With a great deal of encouragement and understanding, and without judgement, Jenny has helped me unlock new confidence, strength, power and peace within myself. I'm excited to see where else we go together!

Exploring myself with you continues to be magical and fulfilling. I deeply appreciate being able to be "selfish" and get excited about focusing on me, with such a safe, enthusiastic, supportive and knowledgeable sounding board and guide. I feel so free talking to you, like I'm truly not judged and just safe and appreciated. But also trusting that you will be straight and honest with me, and that I can be with you.

~ L.S., Toronto, ON

Working with Jenny has taught me how to truly make *space* for myself in ways I didn't realize I needed or were even possible. Jenny has given me countless tools and strategies that enable me to calmly observe what's happening in my mind and body (especially helpful in moments of stress), reframe my perspective on any given situation, and ultimately to uncover what more could be possible in my life. Jenny is an exceptional listener in every sense of the word. She is incredibly attuned to her clients' feelings, always hearing what might not be said and creating a safe space for clients to get to the bottom of what might be holding them back. And she always





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ensures successes and ‘wins’ are given the appropriate pause and happy reflection they deserve. I look forward to every chat with Jenny – I laugh, I cry, I get vulnerable and brave, and I always come away feeling energized, motivated, focused and open to new possibilities.

~ C.K, Toronto, ON

Jenny has truly found her calling. When we started working together, I set out with the focus of working towards my career goals so that I could get more balance in my life. The journey led me down a path that was ultimately not what I thought I was working towards. That’s the magic of coaching with Jenny. I had what I was seeking right in front of my eyes but I didn’t realize it. Jenny worked with me to get to this realization. She never told me. She guided me to realizing, to feeling and to knowing in my heart that I already had what I was seeking. Something so simple that I wasn’t ready to accept pre-Jenny. Something so simple that has lifted a weight off my shoulders. I can now live in the present and enjoy the balance I have without the daily feeling that “something is missing”.

Jenny’s approach is non-invasive. There is nothing daunting about working with Jenny. She is collaborative in every sense of the word. She is so easy to speak to. She guides you gently but at the same time challenges you. Before working with Jenny, I always wondered how coaching would be different from therapy. I can tell you it’s different and from my perspective, it’s been much more productive for me. The collaborative nature drives results. I don’t feel like I’m simply talking about my feelings. That alone, made me open up to Jenny more than I have with my therapist. I attribute that to the magic of coaching with Jenny.

~ Allison, Project Manager, Toronto, ON

I’ve explored a lot practices, therapies, modalities, and various teachers and healers. But Jenny is exceptionally intuitive and perceptive. Her guidance is soft, spacious, focused, insightful, and reaches a depth that helps me stay attuned to things under the surface, while balancing day to day life, work, tasks, and pressures. Having a personal development coach has easily fit into my busy life, but immensely expanded my learning of self.

~ Content Creator, Los Angeles, CA

Thank you for supporting me on this journey - I truly believe fate has brought us together. You have made such an impact on me and my life in such a short amount of time. What a talent you have - to help others help themselves in such a meaningful way. It’s a thing of beauty. Thanks again for everything thus far.

~ Natalie, Toronto, ON

I had gotten to my 50’s and felt like the difficulties in my life were on permanent repeat. I felt stuck and unable to see a way through to anything different than that broken record. So, I got myself a personal development coach and was convinced that she was going to descend into my life like a fairy godmother, benevolently waving her wand to fix me once and for all. I was so wrong. Jenny didn’t fix me. With Jenny at my side, I did. Or, really I do... I continue to “fix” myself.





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Actually, Jenny help me discover that I wasn't broken in the first place. I learned how to see myself with a new perspective, to hear the voice of strength, nurturing and capability that was always there. I began to explore amazing parts of myself that got put on the back burner so long ago that I barely knew they existed.

Jenny's coaching is full of beautiful contradictions: she is gentle and firm, loving and tough, flexible and yet always holds on to the goals. I always felt safe, cared for, respected and important. But I didn't always feel comfortable. Someone once told me that personal growth comes when you feel safe but at the same time, you're willing to be uncomfortable. With Jenny's insight and care those moments of discomfort were positive, creative growing pains. Ultimately, Jenny helped me find and build my faith in myself and with that faith I have felt strength and momentum building and building. So, is Jenny a fairy godmother? Maybe she is.

~ L.B, Ottawa, ON

