

Before working with Ariel, I didn't even realize I had challenges or obstacles holding me back. I was first introduced to her during the COVID era, virtually, and to be honest, I thought what she did seemed a little out there. I didn't fully understand it. But after a few casual conversations in different environments, I became intrigued and decided to give it a try. I've been working with her ever since.

Today, I am a huge advocate for mindset coaching, so much so that I have introduced it to my church and shared it with many others. If you're on the fence about working with Ariel, my advice is simple. Just say yes. You don't need to fully understand it at first; just experience it.

Ariel's coaching has brought incredible alignment into my life professionally, personally, and in business. Instead of compartmentalizing different aspects of my life, I now see them working together, like Olympic rings coming into sync. It's a transformative process, not a one-time fix, but an ongoing journey of growth.

One of the most valuable aspects of working with Ariel is the trust and confidence she instills. In my professional space, it can be difficult to find someone you can truly confide in. Too often, people who seem trustworthy turn out not to be. With Ariel, I have a coach I can speak with openly, someone who helps me process my thoughts and emotions, and most importantly, someone who makes it fun.

Coming from a sports background, I was used to a coaching style where you make a mistake, and the coach immediately tells you what to do to fix it. At first, I expected that from Ariel. I wanted quick answers and direct advice. But her approach is different. She never tells you exactly what to do. Instead, she guides you to discover your own solutions, in a way that is both effective and deeply personal. In the beginning, this was frustrating. I just wanted the answers! But by the end of each session, I'd find myself feeling grateful, enlightened, and truly empowered.

The biggest lesson I've learned through Ariel's coaching is that success isn't about following a rigid system or blueprint—it's about aligning your mindset with your unique goals and strengths. There is no one-size-fits-all approach. It's about finding what works for you. And that is a process; one that doesn't necessarily have a final destination, but instead, continuous growth.

If I had to sum up my experience in one word, it would be: enlightening.

Working with Ariel has been just as beneficial personally as it has been professionally. If you are considering it, my advice is simple: say yes. The world needs more people like Ariel. We are incredibly blessed to have the opportunity to work with someone of her caliber, and I truly believe that anyone given the chance should take it.

We are often both our own worst enemies and our greatest advocates. Ariel helps you make sense of that dynamic—helping those inner voices work together instead of against each other. And that is a gift.

Sincerely,

Craig Sorbo

