

# Open Doors



## Coaching Services by Dan Silver



[www.OpenDoorsCoaching.com](http://www.OpenDoorsCoaching.com)  
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## Client Testimonial

I came to coaching to address issues I have long had that I felt were holding me back at work. I wanted a more pro-active action based approach to looking at this issue. What attracted me to the coaching approach was the idea of becoming “unstuck” and less tentative to take action. The agenda for each session was always mine, and Dan was curious in helping me unfold what was happening and how I wanted to deal with it.

From our first get together Dan was solidly “in my corner” and I felt our sessions were lively, thoughtful, and never scripted. We tried different approaches depending on the topic, and were able to shift gears and try different paths if the first was not producing results. That strong support extended beyond just our conversations—I felt that what I walked away with, and the progress that I was able to make, really mattered to Dan. His compassion and energy was very helpful in getting me to move forward. Yet he did not shy away from challenging me when what I was saying did not pass the smell test.

The techniques we used were both interesting and usually effective. We looked at different perspectives of a challenge, and things that seemed intractable became manageable. We did a lot of work on what values were necessary for me to thrive, and whether I was identifying and meeting the needs to honor those values. This process revealed a good deal about myself that I had not seen so clearly before. Finally, we looked at my inner voices that were critical of me and trying to hold me back. I learned a way to not suppress these critics, but acknowledge and work with them.

Dan brings to his work a combination of energy, humor, empathy and compassion that helped me work through the issues I wanted to address.



Doug Andrews