

Open Doors



Coaching Services by
Dan Silver



www.OpenDoorsCoaching.com
973-568-7311

Client Testimonial

The main reason I decided to try coaching was that I was discouraged with how my life was going and I determined that I needed support and an external perspective to improve my situation. Dan uses value-based techniques that helped me explore my mindset and allowed a full understanding of my thought patterns. This consultative style, coupled with analytical techniques for identifying what was “true-to-self” values, helped paint a picture of where I was, where I wanted to be, and how I could get there through optimism and positive thinking.

Prior to starting the life coaching sessions I had become rather introspective. Dan brought me back to looking from the inside out, examining my wants, needs, and values. This process helped me become happier and less concerned about how others might view me, replacing that with more interest in developing who I wanted to be and honing in on what I love doing. I focused less on “fortune” and more on what interests me and what I could do to better honor myself.

Coaching also helped me explore different facets of my personality with less internalized judgement. I had strong biases against who I was in some aspects because I thought those traits might not have been what others wanted to see. Dan provided perspective on these parts as making up the whole self, which was really helpful to guide significant and positive changes to my life. I really appreciated working with Dan with his friendly demeanor easing my mind while bringing a new perspective to my thinking. Life coaching was energizing and productive, and helped guide me to a new job, stronger relationships, and even a new pet!



Alex Taormina