

## Testimonials

### Perry

*Adel Helou taught me that even the most difficult stumbling blocks can be overcome. Working together, he showed me that sticking to a plan and doing a little each day can be very productive. Adel's philosophy is that good management is the key to success in any endeavor, and it definitely worked for me. His process flows naturally and I never felt pushed or pressured. In the end I could take pride in what I had accomplished because it came from within me, through Adel's skillful questioning and compassionate guidance. His belief in me and my abilities and his unwavering support gave me the strength to stay with my plan. Now I can look back and see how far I've come. Not only did I succeed, but I had fun along the way.*

Perry, Baltimore, Maryland.

### Ziad

*I have known Mr. Adel Helou for more than 15 years. During this time, he has been very helpful and generous with sharing his wisdom and thoughts in the various situations of both life and business management. He has been direct, clear and supportive in his coaching approach and methodology. I enjoyed our meetings on the different topics we discussed. His approach has shown good results in both short- and long-term. Mr. Helou has demonstrated useful knowledge in a wide range of fields over the years, and I will continue to deal with him in the future.*

Ziad, Baltimore, Maryland.

## Cynthia

*I find Adel Helou's style of life coaching to be direct, focused and highly effective. Drawing on years of experience as a top level manager in a competitive, product-driven corporation, he applies similar principles to achieving success in everyday life. When I was stuck and unclear in my direction, he asked intelligent, insightful questions to help me articulate my goals and create a logical step-by-step plan to achieve them. He taught me that managing one's time and resources well would get the job done, and I was able to reach my goals much sooner than I had thought possible. I'm grateful that he chose to leave the corporate world in order to share his inspirational message with people like me.*

Cynthia, Baltimore, Maryland.