



Testimonials

"Jo's insight into human nature has been invaluable in helping me to navigate differing priorities between staff, clients, and other stakeholders. Her coaching methods consider everyone's perspectives and have helped me to phrase necessary interventions in language that have achieved positive results. I absolutely recommend you take some time to engage Jo if you need some help to have difficult conversations."

Brie McAloney, Executive Director, The Grendel Group (Family Advocates), Smithers, Canada

"I faced challenging office politics in my new position, always a point of weakness for me, but Jo helped me to learn and apply communication strategies to set boundaries and assert myself, but with kindness, honesty and compassion. I now feel that I am on a path to be able to be confident and assertive at work, but Jo has shown me a way to do so that resonates with my deeper values at the same time."

Human Rights Researcher, New York City, U.S.A.

"My session with Jo was a wake-up call of clarity. It was easier coming to terms with how not wonderful my situation was through Jo's swift way of examining, sorting, and supporting me in mobilizing my next course of action. I left the session feeling validated, supported, not alone, and most importantly, with the tools I needed to better handle what is coming next in my career. To have someone who truly understands and can bring you to a place of understanding your own power and resilience is a gift. Thank you, Jo."

Humanitarian Aid Worker, The Caribbean

"When in conflict or in a difficult place professionally, we tend not to see the way out and tend to dig into our positions. This typically makes things worse. What Jo did was to open up options for me that I did not see or think possible. Even just by a simple change of attitude and intention in my interactions I was surprised at the results. I am very grateful to Jo for her example, advice and care that she showed throughout the process and for staying approachable and human the whole time."

NGO Worker, Washington, DC, U.S.A.



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“I came to Jo at a challenging time in my life, having jumped into responsibilities I was struggling to undertake while teaching myself a lot of new skills. In the midst of all of this change, my communication skills - never fantastic! - were failing, causing conflict in my workplace. Jo helped me to develop the skills and tools I needed to handle my new position, and she did it in a way that was honest, truthful, and kind.

I have gained a new perspective on my actions and communication skills that will serve me long past the end of the sessions. There are many individuals entering into the coaching business these days, but Jo is one of the few that genuinely cares about her clients, and shapes her work to ensure that they get the care and support they deserve.”

Megan, Canada

“Engaging Jo as my coach has been a wise investment to my personal and professional growth. With her empathy and responsiveness, Jo equipped me with tools to accurately recognize and label emotions and helped me to break the cycle of self-doubt and negative thinking. She supported my journey to gain clarity on how I can intentionally configure my career in such a way that it is aligned with my values and mission.”

Pam, GBV Technical Specialist



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“Working abroad, across cultures and across sectors can be stressful. Jo helped me create the space I needed to take a step back and reflect. She provided me with helpful prompts – helping me assess my various work relationships, asked tough questions around my motivations and boundaries and – most important of all – reminded me to be compassionate with myself. I may not have all the answers, but I’m doing the best I can and that – in itself – is an achievement!

Victoire, Myanmar

“You can't hide from Jo. Jo wants you to be honest to yourself, before being honest to her. Her coaching is a journey, so if you start - you need to be ready for it. At the end of it, you will feel like you are your number one fan. And that's all you really need. With her help, I gained back my confidence.”

Vanessa, Europe

“I can really recommend anyone getting a coaching session from Jo as it gave me the feeling of having a knowledgeable and understanding colleague while at the same time an independent professional outsider to talk to and get advice from. I really felt recognized and had a new perspective on the issues I was dealing with.”

Aid Worker, Europe

“The best thing of Jo’s session was her kindness and her experience in healing professional relationships. She understood the difficulties I am going through and supported me in exploring ways to find a new job in a healthy work environment.”

Professor of the Masters in Human Development, South America

“In receiving coaching support from Jo Rodrigues, I received the gift of full presence, empathetic listening and insightful perspective. Her wisdom inspired me to take new actions that generated greater inner alignment and positive outer results. I am grateful for Jo’s talents and would not hesitate to reach out again for support.”

Elizabeth Soltis, Bridges Global