

Client Testimonials

My experience with Cheryl Gigler and her Joy of Life Coaching changed my life! I was diagnosed late in life with ADHD. I felt bewildered, sad and fearful about what ADHD was and how it manifested itself in my life, relationships and work. Cheryl helped me see the positives, how to recognize and manage challenges and even how to change my career to return to doing what I love. She's amazing!

~Catherine G.

I would like to share how Cheryl Gigler has made a positive impact on my life by being my ADD Coach. Since the time I found out that I have ADD, I felt overwhelmed and discouraged with the chronic symptoms of having a brain that is wired so differently and that seems so out of touch with the way the world operated today.

I found Cheryl on the CHADD website and she was willing to work with my low income, which I am so grateful for! Cheryl has many strengths as a coach! She is so positive and strength based in her coaching! She often comments on how many "wins" I have had for the week. Cheryl consistently reminds me that I am prioritizing and living my life according to my value system, which I find to be very helpful feedback! I always feel encouraged, understood, and grateful as we finish our coaching sessions and find myself refreshed and ready to face the responsibilities I have with greater confidence.

She has taught me practical skills with time management, self awareness, and prioritizing while helping me to manage the symptoms of ADD and honoring the magnitude of the challenges ADD may present. Cheryl is so well trained and understanding of the finer details of how ADD impacts a life, a family, and a home, and how to work with it in a number of positive ways.

Cheryl also reminds me of and helps me to turn to my own faith as another means of coping and using my strengths to meet daily challenges. Cheryl has changed my life and I hope to continue working with her for years to come as she helps me fill my toolbox with the methods she has developed for herself and helps others to develop as well.

~Joanna W.

Coaching with Cheryl provided me with the relevant information and resources to create the life changes necessary to live my life. I became aware of the various ways ADHD impacts my everyday life.

Cheryl is the best. Working with someone who has such a wealth of knowledge about both people and ADHD is rare! She is well suited to doing what she loves, educating and caring!

I met Cheryl in a high stress time of my life. She educated and encouraged me! Cheryl is a jewel to the community of ADHD individuals in Northeast Indiana. Reach out to her, she will reach back!

~Mike S.

Cheryl exemplifies dedication and integrity. With her insights and help, I have been able to advance in my own personal and professional life. Cheryl was able, in a loving, yet direct way, to point out many self-destructive thought patterns that were hindering my life's work. I have nothing but praise for her ability to create a positive atmosphere in anticipation of change with her clients; she did it for me! The work that Cheryl and I did together has become a part of who I am, and who I am becoming. She taught me that, although I was a diamond in the rough, she was well able to uncover the hidden beauty of that diamond.

~Thomas N.

Cheryl is nurturing and cares deeply about others. As a professional, she supports clients in reaching their full potential, unlocking their hidden talents and strengths. She coached both my son and myself and what a difference it made in our lives!

~Paula R.

I can warmly commend Cheryl to you as an amazing, genuine human being. She is the real thing: hardworking, honest, caring, funny and encouraging. Cheryl went beyond my expectations, having the ability to address the big picture as well as the details. She is an astute observer, noticing what other people do not. She affirms the good that she sees in others, which encourages them to become more. She has compassion for those who struggle, for those that society may not extend much grace to, and this is a special gift. I highly recommend her as a top notch coach!

~Jean A.