



Joan N.
 Portland, OR
 0 friends
 8 reviews

★★★★★ 5/23/2019

I highly recommend Ursina. I have worked with her a number of times since 2013. Whenever I am feeling stuck in my professional and/or personal growth I seek her out. I really appreciate how many different tools/techniques/exercises she has, and how she is able to creatively mix and match them to fit where you are at. I also really enjoy how knowledgeable she is about the neuroscience of decision making. Definitely not a run of the mill career counselor! If you are serious about exploring your core values and strengths, and how to find satisfying work spend some time with Ursina (and do the homework!).



John W.
 Portland, OR
 9 friends
 17 reviews
 6 photos

★★★★★ 5/17/2019 · Updated review

More recently, I have worked again with Ursina on a problem I had in my workspace. Again, she helped me find useful new practices in a very short amount of time. I won't hesitate to reach out to her again in the future with problems I need help with.

★★★★★ 2/3/2015 · Previous review

I highly recommend Ursina as a coach. I have started to work with her over a year ago, because I was looking for help with setting priorities in my work and leisure time, and I wanted to improve my time management skills and productivity. In just a few sessions, Ursina helped me make some real lasting changes in my work habits. In particular, she helped me develop a planning and scheduling system based on my own needs and style. It helps me prioritize my tasks and find a good balance between the different activities I value (e.g., my work as an artist, administrative work, house improvements, social commitments, exercise, leisure, etc.). I have used that planning system ever since, and have been happy with it, probably because it is not a standardized system, but my own that we developed and fine-tuned together, in a format that works great for the variety of tasks and activities I want to pursue.

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What I like about Ursina's coaching style is that she managed to bring clarity into situations that felt overwhelming to me, and she helped me break down vague goals into specific next steps and manageable tasks. I also appreciated the fact that I always left her with immediate action plans and changes that were simple and realistic, but which had all the more impact on my daily life.

John W. [Read less](#)



Maria G.
 Portland, OR
 0 friends
 4 reviews

★★★★★ 11/2/2016

Ursina has been incredibly helpful as a career counselor and decision coach, really propelling me forward professionally, but also as with personal issues that came up along the way. Her style is this awesome combination of very smart (she has incredible credentials and accomplishments, with a unique expertise on decision-making and a background as a neuroscientist), but at the same time very warm and kind, and she has a great sense of humor. Even just meeting her once would be worth your time and money! But I keep going back for more, because I leave every session with very specific outcomes/insights that I can put into practice and that truly make a difference.

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Diane F.
Portland, OR
0 friends
3 reviews

★★★★★ 2/6/2015

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My husband and I worked with Ursina on a big decision that would effect our careers and our children. Her expertise and methodology were superb in uncovering our core values and priorities in how to move forward with confidence rather than stress. By the end of our work with her we were extremely clear on our decision.

The most important benefit for both of us is that it has helped support us in staying comitted to the decision even when distractions or other influences try to derail us from what we truly want for our lives. We began our work with her feeling overwhelmed, and with her calm (and delightful) guidance, we left feeling almost joyful about our direction and next steps.

I highly recommend working with Ursina if you are at a decision point that feels unclear and you feel stuck. You really can't put a price tag on the sense of clarity and freedom you get from make decisions that are by design rather than default.



Eva-Maria B.
Basel, Switzerland
0 friends
1 review

★★★★★ 2/2/2015

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I had the opportunity to attend one of Ursina's seminars about decision making and am fascinated about her technique, which I immediately applied. Her technique is not only extremely useful but also very easy to implement. And this in coaching people as well as in all aspects of challenges we meet in business or in daily life. I find it very useful not only for decision making but also for defining business strategy. Something of the best I ever came across and therefore recommend it to everyone strongly!