

May 12, 2021

To Whom It May Concern:

It is with great confidence that I write this reference letter for Ms. Tabbatha Mays. My journey of growth and development with Ms. Mays began in 2018, just a few months prior to my 20th birthday, when I was recommended by my cousin to enroll into weekly therapy sessions. Enrolling into these weekly therapy sessions was a no-brainer for me—firstly, because I saw the positive impact Ms. Mays’ guidance had on my cousin’s life and secondly, because I understood that I, too, needed help and did not really have all of the tools necessary to help myself at that time.

Our sessions over the course of these last three years have been focused primarily on me unpacking all of my baggage. The sessions at times became emotionally intense and uncomfortable; a sign of shedding and growth, and of course, initially, I fought myself and Ms. Mays, trying to avoid the inevitable. However, Ms. Mays always comforted, supported, and sometimes, even chastised me (only when absolutely necessary), through all of the ups and downs that come along with the healing process. Because of Ms. Mays’ guidance and support, I was able to transform my former bad habits into more productive and beneficial ones, shift my level of consciousness, and begin a process that will heal my family lineage for generations to come.

Ms. Mays’ holistic approach to “therapy” or “life coaching” seamlessly combines psychological, spiritual and nutrition-based approaches to address issues, allowing me to dissect and explore the true origin of my feelings and actions. Through this approach, Ms. Mays has encouraged me to explore all avenues to uncover the origin of my feelings and actions rather than simply attributing a label, such as “depressed” or “unmotivated” onto me. Ms. Mays has helped me to find my voice in the midst of a lot of background noise and establish my foundation in this world by expanding my worldview and developing my technical and spiritual knowledge base. Her guidance and softness have allowed me a safe space to be vulnerable, honest, and get closer to a more solid understanding of the truth of who I am—physically, mentally, spiritually, and emotionally.

From scheduling a week-long family intervention, to sending me templates to create my own business plan, Ms. Mays has consistently gone above and beyond for me. When I had rough periods of nearly giving up on myself and my mission, Ms. Mays’ wisdom, guidance and light kept me on the right track of healing, self-betterment and self-empowerment. Committing to these sessions with Ms. Mays was the best decision I have ever made as a young adult. I recommend her services to all girls and women, particularly those who are going through a transitional period and are unsure of themselves and their place in the world. Ms. Mays’ guidance and expertise will lead you to where you belong.

Sincerely



Sydney Aldridge

- Edit again
- Sign letter