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1. Hedy Tan, Adult Relationship Coaching/Consulting

- [C C.](#)
- [Westchester, IL](#)

1/5/2010 One year ago, my husband and I were on the brink of filing for a divorce. Hedy was our last ditch effort to save our marriage. And that was exactly what Hedy did. She is highly skilled in coaching us through our conflicts and helping us understand why we behave the way we did. Through Hedy, my husband and I learned what it means to live "respectfully and relationally". We have also gained much insight into the our own emotional health and maturity. We had been through marriage counseling with someone else before but she was nothing like Hedy. Hedy's expertise and astuteness were evident even during the first session we had with her. We are forever indebted to her for what she has done for us and for our children.

5 star rating
2 Reviews
Neighborhood: [Near North Side](#)

Category: [Counseling & Mental Health](#)
Chicago, IL 60610
(312) 335-1428

2. Hedy Tan, Adult Relationship Coaching/Consulting

[Peggy F.](#)

Deerfield, IL

8/23/2008 There is no one like Hedy when it comes to getting the help needed to understand why we do the things we do, think the things we think and say what we say. Who knew there was a reason behind it all. More than just couples or relationship coaching, Hedy has has the answers for all of us who...

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3. Hedy Tan, Adult Relationship Coaching/Consulting

5 star rating
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(312) 335-1428

[S E.](#)

Chicago, IL

★★★★★ 07/29/2008 My husband and I love each other but we couldn't stop arguing. Hedy coached us how to apply Relational Life Skills and resolve our differences in a mutually loving and respectful way. It was amazing how quickly our troubled marriage turned into a loving and fulfilling relationship. I'm so glad I...

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4. Hedy Tan, Adult Relationship Coaching/Consulting

5 star rating

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(312) 335-1428

[Sarah H.](#)

Highland Park, IL

★★★★★ 8/4/2008 Hedy's group sessions are transforming. Her patience and compassion, knowledge and clarity led me to the sanity and calmness I was longing for, as well as helping me find the courage to grow out of a long-term, addictive relationship. I met and received insight from others who struggled with...

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5. Hedy Tan, Adult Relationship Coaching/Consulting

5 star rating

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[k R.](#)

Evanston, IL

★★★★★ 8/2/2008 Hedy is AMAZING! When my husband and I met, we were both recovering from bad relationships and were devastated by the fact that we were having problems with each other after having already survived such painful situations. We began individual and couples work with Hedy and learned so much about... [Read More »](#)

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6. Hedy Tan, Adult Relationship Coaching/Consulting

5 star rating

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Chicago, IL 60610

(312) 335-1428

Chicago, IL

★★★★★ 7/13/2009 Hedy has been a wonderful guide to helping me become empowered in my own life. She has helped me gain an understanding of who I am at the core and how that has effected me as an adult. Because of her I now have the knowledge to make the changes needed to avoid making the same bad choices I

have repeatedly made my whole life. I am grateful that she has led me down this path of personal growth and self recovery.

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7. Hedy Tan, Adult Relationship Coaching/Consulting

5 star rating

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Chicago, IL 60610

(312) 335-1428

Chicago, IL

ever.

★★★★★ 07/30/2008 Hedy saved me from myself. I was codependant and hanging on to one bad relationship after another. I was addicted to bad relationships and was going down quick. Hedy was a lifeline. She is amazing and can help anyone who is in a relationship with an alcoholic, drug addict, sex addict, work addict or who is just plain unavailable. I found Hedy's workshop dealing with family of origin issues to be extremely helpful in getting to the root of my problems. The people I met in group were very supportive and understood what I was going through. I am now in a very happy marriage with two lovely children and one on the way. God bless Hedy. There are not enough stars on the page for her.

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CLIENT TESTIMONIALS:

.Thanks Hedy. I owe most of my current happiness to God but you are running at a close second. lol. I would not be here without you. I would still be dating or married to some unavailable avoidant.

.As always I really appreciate all the help, direction and tutelage.

.The confidence and grounded-ness I've acquired in my time in Chicago has really made me a much better leader and director.

We're doing well.

It's been a bit bumpy with the huge transition but we both seem to understand that tough times happen but we're committed to get through it. Plus, our fights are never as bad as they used to be. We reign them in pretty quickly.

So that's our story. Thanks again for all the help you gave me, Hedy.

You made a huge, positive impact on my life.

.Merry Christmas Hedy. I am very happy this year. My house is a warm, fun, loving and easy place to be. My family is wonderful. I thank you so much for all your help. I never would have made it to this point if I had not come to you.

.This year my Christmas holiday went better than in years past. I had good boundaries with my parents. Thanks to the recovery process and to what I have learned from you, Christmas has become more merry for me.