



25th May 2005

To Whom It May Concern:

Sonia is an incredible source of inspiration and her methods have improved the quality of my life.

She has helped me to identify what it is that I was really looking for and how to break through any barriers that were holding me back. Due to this I have achieved incremental improvements in tackling many of my daily tasks that I had been putting off.

I can whole-heartedly recommend Sonia as a Coach.

Besides her friendly and outgoing personality, she has the capacity for original ideas as well as close attention to detail.

A handwritten signature in blue ink, appearing to read 'C. Patel', is written over a faint, circular watermark or stamp.

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Sonia has guided me through the understanding of where I stand in my life and which direction I wish to take. By posing the right questions she has focused me thoughts on areas, feelings that I seldom took the time to think about. Her coaching style is enlightening. She is the caring hand that takes us through the labyrinth of life choices. The end decisions are always ours.

Selina Neri,
Telecommunications Senior Management
Frankfurt, Germany
February 2004

"I took the "luxury" of a personal (one2one) coach and found out that it pays back incredibly fast!

The problem is that we often have somewhat blurry dreams about our future, or worse, we might already have given up upon our dreams.

Through coaching this invisible wall of dream and reality can be overcome. The link is defining action steps, creating accountability with yourself through the coach that helps you to follow up and walk your talk. It was amazing to see what clarity can do for you and how you can create the circumstances of your choice. I can only highly recommend this investment in your future.

Martin Arnold
MCI, Carrier Manager
Frankfurt, Germany
November 2003