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I am currently working as a Support & Development Manager within an international transaction processing company.

About a year ago I was struggling to achieve the major goals I had set myself in the job, and it was a difficult time for the company as well. I was unsure of myself and my own non-technical abilities.

Coaching was suggested to me but it was something I had only vaguely heard about and it, and along with all the other uncertainty I wasn't at all sure that it would make a significant difference. I decided to take the coaching because it seemed like a natural and intelligent way to go, and indeed it is.

Sonia visited me at work and over several weeks we addressed so many issues I can't list them all. What I can say is that we covered an awful lot including confidence, perception, management skills and self awareness.

I learnt so much over those initial weeks that it was noticed by those who worked with me. I got a lot of really positive feedback from some unlikely sources.

It was a great help to be able to talk in detail with someone who is independent and objective that can also offer real insight into your professional and personal life. I truly believe that Sonia has a gentle yet very effective way of unlocking your potential.

Looking back, I have changed a lot, I don't mean my personality, but I have made the best of myself in this role to the point where the skills and techniques I have are used more and more naturally.

The power of coaching is quite frankly amazing. I have now been promoted to what I consider to be a dream post within my company - my horizons have broadened enormously.

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N J LESPER



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December 2006

Testimony for Ms Sonia Khera, Executive Performance Coach

Initially I was quite reluctant to even contemplate using the Business Link Skills 2 Lead Leadership and Management programme; I was just too busy, or rather told myself that was the case.

In October 2005 Sonia conducted a training needs assessment of me over the telephone with her findings proving to be both incisive and accurate. Due to various business trips and work load it was difficult to find the time to commence the course.

During January of 2006, I had a severe downturn in my health and needed to reappraise my attitude to the whole work/life balance scenario.

I found the coaching process very difficult to deal with, primarily because I am quite an insular person, however with the patient help of Sonia I found the sessions to be more and more valuable.

The way that Sonia handled the coaching sessions gave me a great deal of confidence in her abilities, and very importantly gave me a far greater insight into myself, my limitations and my abilities.

This has led me to change my approach to work with benefits for both myself and the company.

With hindsight I wish that I had found the time earlier to go through the one to one coaching sessions with Sonia.

For anyone else who is contemplating the developing their Leadership and Management skills or personal coaching sessions, I whole heartedly recommend Ms Sonia Khera for her friendly and professional approach to coaching.

A handwritten signature in blue ink, appearing to read 'Kevin Bennett'.

Kevin Bennett
Technical Director

I own a website company which provides graphic and website services to start-up as well as existing companies.

I have had the opportunity to work with Sonia Khera on my personal effectiveness within my business.

We have worked together and explored marketing techniques, which I found extremely beneficial given my background is from a purely design perspective.

The techniques we explored proved to be effective and were used as a catalyst towards effective business strategies and producing increased clients

Our interaction impacted positively on my business helping me to unlock a vibrant and constructive outlook both personally and professionally.

I have found my professional business relationship with Sonia over the last years, to be extremely satisfying and beneficial.

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September 2006



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