

2006

I was lucky enough to be “gifted” six coaching sessions with Sonia. I was unsure as the format the sessions would take at first, but Sonia soon got to work and we isolated the areas we would be concentrating on.

Within a couple of sessions I was already armed with life long skills to help me overcome and rationalise specific personal concerns. Every negative slant was immediately questioned and quashed with the simplest of theories.

She taught me to understand and realise that the tools to accomplish and achieve my goals/dreams are all within me, they just need to be utilised correctly!

Most importantly for me was her insight in helping me recognise all my achievements to date, through past & current work and creational projects. This to me has been invaluable and a huge confidence boost.

Sonia does not believe in coincidences....

Since seeing Sonia I am much more confident with my radio show, I have lost ½ stone in weight through healthy eating and exercise and a big casting opportunity has just come my way.....

Coincidence? I think not!!

Clare Mercurius-Taylor
London

I found Sonia at a time when my life felt like a constant treadmill. I felt exhausted, bored and was going nowhere. Sonia’s intelligent questioning, guidance, and patience lead me to a place of calmness. From here I chose to take some business coaching from Sonia and produced a fantastic CV with a plan of action. Once again I feel strong, confident and enthusiastic about the future. I am very grateful for her expertise.

Mrs. Pree Hurring
London

2005

Last year Sonia introduced me to coaching. We sat on my dining table and picked out 5 or 6 points, which were important to me in achieving my goals in life. We then mapped out how far I have got in terms of being able to achieve it in my lifetime. That was the first shock to me. If I was to make my dreams in life come true I had to start now. For most people now does not come. Then it is too late. There were lots of obstacles in my way so I thought. How could I stop what I am doing and start following my dreams?

I was a senior project manger with a good job and earning a good salary. Sonia showed me how I could achieve my dreams. She gave me the tools to go and do it. In November I left my job and have not looked back. The best thing I ever did was to leave my job and follow my dreams. I spend more time with my family and earn the same amount of money.

I have my own company now and have laid the foundations of my dream. My whole life has changed. I have changed. The buzz cannot be explained in words. I am more confident and have the ability to deal with any given situation. There is nothing that can knock me down. I am stress free and can make decisions instantaneously.

I feel great.
Apurva Patel
London

Earlier this year (February 2005), I approached Sonia for some initial advice regarding a presentation for a forthcoming interview with Anchor Trust, the company I am now employed by. Whilst I have a masters degree in Housing Management and Knew that I had the capacity to carry

out the requirements for the Business Performance Managers post. As I had been off work for nearly three years due to personal reasons, both my confidence and self esteem was rather low. Therefore in order to ensure my best delivery during the interview and the presentation I booked 2 interview and presentation coaching sessions. These sessions were very intensive, and Sonia's coaching style was extremely professional. She was very patient and guided me with clarity. As a result of these coaching sessions I became confident and delivered a brilliant presentation which was concise and covered all that was required. Following the process of interview I was successful and offered the position of a Business performance manager. I would definitely recommend Sonia as a Coach.

*Kiranjit Saini (scheme manager).
North Yorkshire, UK*

I started career coaching sessions with Sonia in January 2004. I felt I needed some direction towards reaching my goal of being a TV presenter. Together we mapped out a plan as to how I was going to reach my aim. We set certain expectations and dead lines as to when things had to be done. This made me focus on the small things that eventually lead to what I wanted and made me much more efficient and productive.

I said by the end of the year that I wanted a foot in the door at least in TV and if possible, my first taste at presenting. In September 2004 I got my dream job - a small presenting role on live TVchannel

5! It has been a fantastic introduction and it just goes to prove that if you put your life into order and follow your dream then you will see results and get where you want to be!

*Korin Nolan
London*

I was recommended to Sonia by a friend who knew that I was searching for direction in my life. For quite awhile I had been at a stage of wanting changes to occur but unsure of how to initiate them. Waiting for initiatives to fall into my lap, didn't seem to happen, unsurprisingly! With Sonia's careful questioning we looked at each area that made up my life. As a result, things that had once blurred together took on a clearer definition. I was able to separate out the areas of my life and pinpoint those which: a) needed change b) would be quite nice to alter and c) realize the things that were quite ok and not a problem! So the balancing act of work, family and leisure is now more defined and enjoyable. I also feel both more confident and positive about the future and can begin to address changes that I would wish to make. Thank you again for everything.

*Alison
London*

2004

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 didn't know what to expect when I started life coaching sessions but afterwards I soon realised that it was a powerful tool. It enabled me to see through challenging questions posed that I could achieve what I wanted as long as I knew what I wanted to achieve.

Even though I only used life coaching for a few aspects in my life I know that I will be addressing the other parts in my life also. I would recommend life coaching to anyone who wants to excel and achieve 100% in any aspect of their life.

Ajay Ahuja
Published Author, Property & Accountancy Entrepreneur
London
January 2004

When I first spoke to Sonia I was in search of some direction and fulfilment both in my working and social time. Thanks to her patient questioning I was able to look within and find the answer to some of those queries. But it was her line of questioning, that directed me to action rather than wishful thinking.... And that was the first step along a very productive path.

Jacqueline Heron
Jaminternet.net
London
January 2004

I met Sonia at a Women's Network party in London, & took her contact details as I was interested in making changes but wasn't sure what!

We had an informal chat I felt relaxed & that I could really talk. She coached me and made me realise that we all have choices; she listened to what I had to say which really helped because there was no judgment just someone who could see what I had to say.

She helped me see things, CHOICES that I had. I the process very helpful & useful "made me see things clearer!" Since then I have made some decisions that I feel confident will make a difference to me in my life.

Mandy Atwal,
London
January 2004

2003

"All I can say is that what we did together was very helpful and enabled me to find what I already knew. Sometimes we can't see the wood for the trees and somehow your techniques help clarify thoughts clear away doubts and put ideas into perspective.

Your style was innovative but simple allowing me and reminding me to look at all areas of life, rather than get lost in what appears to be important, and actually discovering that I had a hidden priority which I needed to consciously pay attention to in order for the rest of my life to come into balance."

Barbara Swan,
Dorset
18 November 2003

"I took the "luxury" of a personal (one2one) life 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
Germany
14 November 2003*

"I had one session of One2One Life Coaching a month after I was appointed as Senior Worker within a Charity organisation. The session came just at the right time for me as I was finding the role very challenging and inherited some very difficult issues. The session helped me focus on my work and what I want to get out of it and how to handle difficult situations more effectively. I was left with a real sense of empowerment and able to deal with things in a more positive way. I only hope that I can encourage my Line Manager to see that Coaching is so important for personal and professional development."

*Clare Axelson
Senior Worker, Registered Charity
North West London
28 October 2003*