

HELEN EXLEY GIFTBOOKS

16 CHALK HILL WATFORD HERTFORDSHIRE WD19 4BG UK

TELEPHONE: +44 (0)1923 250505/248328

FAX: +44 (0)1923 818733/800440 FAX (orders): +44 (0)1923 249795

www.helenexleygiftbooks.com

enquiries@exleypublications.co.uk

Monday, 26 September 2005

I recently completed a series of 2-hour coaching sessions with Sonia, and the result has had a very positive effect on my confidence and relationship with my team. Learning to adopt a new, more productive perspective of what goes on around me has empowered me and means that I can now focus my efforts and attention on reaching my objectives.

By looking at all the different aspects that contribute towards the complete work environment, I have come to realise that my role fulfils me on many different levels, and what I thought were major problems can in fact be resolved very easily by putting together a plan of action. I have also been able to identify specific objectives, and evaluate how exactly I will achieve them.

My sessions with Sonia have allowed me to take stock of my professional and personal life with very powerful results. I now feel I am back on track, with the right focus for me. I cannot recommend Sonia enough as a very insightful and powerful coach.



Sol Sánchez de Muniáin
International Sales Director
Helen Exley Giftbooks

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DIRECTORS: Dalton H. Exley Helen M. Exley Lincoln J. Exley Richard A. Exley

Registered in England No. 3374050. VAT No. GB 288 040842.



Dragons

HEALTH CLUBS

I started receiving coaching from Sonia Khera in April 2005. The process the coaching took initially seemed to be one that I was not comfortable with as it focused on my personal background. However, it soon became apparent that I have been wasting valuable energy on areas of my life that no longer needed that energy. The first session felt very draining at first but the next few days I felt re-energised. This then now allowed me to focus specifically on areas that I felt were going to help me in my professional capacity such as sales, communication, processing information.

The results I have received to date have been great. The coaching has opened up my vision for business and has allowed me to take my professional career to the next level due to a re-focus of energy & mind set. The coaching has also allowed for more to absorb more information but not only absorb but process this increased information in a more effective way which is seen in my communication. I feel that the coaching has had a significant impact on my life both personally & professionally.

Nathan Gardiner

General Manager

Rowdell Road, Northolt, Middlesex UB5 6AG. Telephone: 020 8841 5611 Fax: 020 8845 3421

Email: northolt-sales@dragons.co.uk Web: www.dragons.co.uk

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