

## **Business & Individual Client Testimonials**

**Garry Nelson                      Senior HR Specialist, Westminster Academy**

I commissioned Sonia to work with the Academy on mitigating the effects on staff of a major change management programme arising from a significant reduction in income. She instinctively understood the dynamics of the situation and offered an appropriate level of practical and emotional support to the affected staff whilst maintaining the Academy's position and reputation. Sonia's interventions were well received, viewed as constructive and exceedingly helpful during what many found to be a traumatic experience. Her coaching approach and techniques were instrumental in making this programme successful.

September 2013

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**Sisto Gallo                      Senior Manager, Luvata Welwyn Garden City**

I found Sonia to be very perceptive and she identified very quickly the areas where she could help me to improve my day to day performance. After working my way for so many years I knew it would not be easy to get me to change.

Sonia was able to show me that there was a better way to work and by changing I have improved my working relationships and am now finding that my stress levels have greatly reduced.

September 2013

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**Ralph Verlander                      Chief Executive, Life Opportunities Trust**

I have worked with Sonia on a number of occasions and she has also worked with some of my colleagues. I am more than happy to recommend her. Her support and advice helped change a variety of working practices by developing different approaches and ways of considering things which led us to adopt different attitudes which have benefitted Life Opportunities Trust in the longer term.

Sonia was able to swiftly understand issues and enable the individual to find solutions thanks to her probing and suggesting. This was especially valuable as it helped the individual take ownership of new attitudes and embeds them into their behavior.

Sonia also has a pleasant and friendly attitude which helps to build relationships swiftly and make the time spent together very enjoyable as well as beneficial.

May 2013

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**Selina Neri                      Former VP Global Sales Support, Deutsche Telekom /  
VP Consulting and Solutions, Colt Technology Services**

I have used Sonia's professional expertise both in Deutsche Telekom (during my time as VP Global Sales Support) and in Colt (while I was managing the European and Indian Consulting & Solutions organization). Sonia has been instrumental in the process of developing my senior management team at both organizations. I have also used her services to develop junior managers into talented leaders of the future. Through her expert coaching we have been able to nurture strong teams and creative, passionate and exemplary managers. Sonia's approach and style of coaching is unique. Her background in various industries (including ICT) makes her a very valuable business partner. My organizations and I truly enjoyed working with her and established trust from the start, allowing for the achievement of great results.

April 2013

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**Vito Morawetz Director of Interconnection at Virgin Media**

I warmly recommend Sonia as a strong telecoms professional. In the time she worked for me Sonia managed significant supplier relationships that were critical for the delivery of major projects. She is a thorough, persistent and tenacious negotiator, fully focused on achieving her business objectives. She is also great lateral thinker and a master networker, with her peers and colleagues within an organisation as well as with its suppliers and customers.  
March 2013

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**Jitesh Raghavani Software Developer at Channel Capital**

I worked with Sonia for assistance in preparation for a work placement. Sonia was instrumental in focusing my search around my key strengths and goals. Her insights using detailed, specific and real-life examples allowed me to focus my search and explore possibilities that previously I would never have considered. I would highly recommend Sonia's career coaching and mentoring services.  
February 2013

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**James Hemlin Commercial Operations Director at euNetworks**

I worked with Sonia during 2010/11 focusing on management and communication styles. The sessions increased awareness of my personal impact and influence and shared some best practice tools and techniques for managing and delivering through people. Sonia has tremendous focus and energy. The sessions were intense, challenging and centred on business and personal challenges which made them both relevant and hugely rewarding. I continue to benefit from the insights provided and the tools and techniques developed with Sonia.  
September 2012

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**Paul Cox Housing Management, Homes for Haringey**

I write to express my gratitude to you for the coaching sessions that you conducted with me as part of my Aspiring Managers Course.

I found the sessions very thought provoking and inspiring. I found your technique very endearing which made me very comfortable and allowed me to express my true feelings and emotions.

I feel that I have learnt a great deal about myself which I can now utilise and apply to my working and personal situations.

I enjoyed learning about the TGROW model and was amazed how I had actually applied it to certain situations completely naturally almost immediately. It proved that the theory can be used practicably.

Once again, thank you.  
May 2012

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**Vivienne Surgeon      New Tenant Liaison Officer, Homes for Haringey**

I would like to say a big thank you to Sonia who provided me with Coaching sessions for my aspiring manager's course.

Sonia provided me with a high level of support and understanding throughout the sessions She understood my personality and how I work, this enabled me to understand how she delivered coaching and helped me to receive the benefits from coaching, how to utilise these sessions to the best of my potential both in my working life and home life.

Through participating and contributing to my coaching sessions I have felt more positive and inspired in knowing I was making positive plans to move forward to an achievable brighter future for myself, once again thank you Sonia for sharing your skills and knowledge with me, I now feel I have a clearer directive of where I want to be, when I expect to be there and how I will get there.

May 2012

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**Fiona Silic – Benussi    Housing Administration, Homes for Haringey**

I was lucky enough to work with Sonia over 5 telephone coaching sessions in 2012 as part of Homes for Haringey's Aspiring Managers Programme.

From day one, Sonia's clear, jovial tone made it extremely easy to engage. She instantly identified my lack of confidence in the work place as something we could work on and structured our sessions on self-awareness, goal setting and commitment to taking action.

Sonia pointed out that some of the words I was using were fuelling my insecurities, preventing me from embracing the new challenges I longed for. She barred me from saying "I hope" and encouraged me to find what truly motivates me in my goals. I soon started to follow my motivation instead of my fear of failure. As a result, I developed the determination to put myself forward for project work, which I was always afraid to do before.

One year on, Sonia's coaching still empowers me to take action in the knowledge that both positive and negative experiences will ultimately help me to grow.

Sonia is a tremendously dedicated and inspiring coach. I highly recommend her.

May 2012

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**Jon Boys                  Founder & Managing Director, IMS Group**

Having been made redundant in 2004 I decided to become self employed and have been running my own business ever since. A month ago I got a call from a large multi-national coaching company to enquire if I was interested in applying for the European and UK MD's position. Up until 2004 I had worked continuously, so did not have a CV or much of a clue how to construct one, especially for such a high powered job. So I decided to research who to get help from.

I was directed to Sonia Khera director of One2one Professionals. Sonia immediately made me feel comfortable as a client and went about getting information out of me by asking the right questions. Between us we came up with a highly professional CV and also set up a strategy around how I should conduct myself in the interview.

I now have a highly professional, powerful CV that is written in clean language allowing the reader to clearly see what I am made of.

I would highly recommend Sonia if you are looking for advice on moving up the career ladder or in need of a highly professional and confidential executive coach.

September 2011

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**Sallie Brooke                      Portfolio Manager for BBC driven projects (outsourced to ATOS)**

I worked with Sonia during 2010 to fine tune some management techniques. Her very personal methods of coaching; excellent tools - and the use of real time examples - was hugely beneficial to me and resulted in not only changes to my management style, which continue to work well for me, but I came out of the sessions greatly energised and motivated, with a fresh mindset about business and life challenges, which are all there to be embraced.  
January 2011

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**Simon Humphries              Short term consultant at Emprou sarl**

I worked with Sonia to prepare me for my move out of the public sector into private consultancy during 2010. We developed a job-search strategy that was based on my strengths and interests that has started to be very successful. I am happy to recommend Sonia to others who need a professional coach to help them realise their potential.  
December 2010

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**Barry White                      Trauma Specialist, Trainer and EAP Consultant**

I have hired Sonia over the whole of 2009/2010 and have not been disappointed in any way. Her work is of a high standard and in terms of her coaching has resulted in good results with a range of people - from high flying directors to aspiring managers. She is adaptable, flexible - and comes up with the goods  
December 2010

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**Sallie Brooke    Executive Manager, Colt Technology Services Group**

I recently concluded a series of Coaching sessions with Sonia, held over a 6 month period.

The whole experience – which had the aim of improving my focus / clarity / effectiveness and professionalism – has had such a positive impact, both inside and outside of the work environment.

Sonia's style and particularly her use of practical examples to introduce useful tools and techniques resulted in it being an enlightening experience, with numerous positive outcomes, that I will certainly continue to build upon well beyond our formal sessions. Of particular note – I had several 'light bulb moments' of during non business hours discussions (including a Bank Holiday!), for which I truly appreciate her dedication in capturing the moment and picking up the phone to talk.

Changes in my style have gained positive feedback both from colleagues and friends and have certainly helped to reduce the stresses of work that I was unnecessarily burdening myself with! It has also helped me to appreciate that we all need to celebrate our positive attributes and successes.

In summary – I ended the sessions feeling more motivated, energised and confident, ready to take on future challenges, but with a focus on sound prioritisation of my valuable time and efforts!

October 2010

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**Marcus Filla                      Regional Manager, Telecommunications Germany**

I want to thank you for the help you have been for me so far. I did learn a lot in our sessions and I personally think I would still need you to grow faster.

You did help me to understand everything much better, the people around me, the job I'm dealing with and of course myself in how I deal with things.  
August 2010

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**Laurence Doe   Area Manager, National Children's Charity**

I found the sessions with Sonia very helpful. It was useful to spend some quality time reflecting on my career and my communication style and Sonia was excellent at facilitating this. Sonia was able to help me crystallise some of my thoughts and feelings and this proved to be very useful. Sonia helped me make some significant decisions about my career and her advice played a role in helping me realise them.  
June 2010

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**LM                                      Director**

Sonia's coaching came at a time of considerable change and upheaval, within which it was entirely possible that I would face redundancy. Her clear and supportive, but firm, intervention enabled me to incisively separate the personal emotional from the strategic, and to find a way forward.  
June 2010

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**Simon Humphries                  Deputy Director, Public Sector Division  
Office for National Statistics**

I worked with Sonia from One 2 One Professionals from April to September 2010 as part of a programme of executive coaching arranged by the ONS. As I plan to leave the ONS in early 2011, I used the sessions to clarify my future career options.

I enjoyed working with Sonia. She was professional and clear sighted in her assessment of my strengths and weaknesses. For instance, she identified a number of issues that I was probably already aware of, but which I had avoided addressing. The process we worked through made me face them, which helped me move forward with my plans to find alternative work.

The whole process helped me clarify my plans to find work as an independent national accounts consultant. This included practical advice, such as drafting a professional CV that highlights my strengths and strategies for breaking into the market. Sonia also helped identify potential obstacles to moving into this field and ways to overcome them. Sonia helped me through this process at a pace that suited me, but was prepared to push harder when she saw me prevaricating.

I would certainly recommend Sonia to others who may be going through a similar transition. I will book some further sessions once I have left ONS and started my work in consultancy to review progress and help map out my next year's priorities.  
25 November 2010

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**Roberto Fernandez**

**Sales & Operations, Luvata Welwyn Garden City**

My Managing Director arranged my initial meeting with Ms Khera. At first I was unsure of what to expect but as per usual I jumped to a multitude of assumptions, this was my reaction to most situation.

In our first meetings Ms Khera made me feel at ease and very comfortable, not what I was expecting at all. By the end of that meeting we had clearly defined areas which required developing.

My sessions with Ms Khera have proved extremely beneficial not only on a professional level but also on a personal one. The experiences I have gained from our meetings have enabled me to be more confident, motivated and up for any challenge. My outlook has become more focused on fact not assumptions and situations I once feared are now dealt with confidence.

It's been an absolute pleasure to work with Ms Khera and I would have no hesitation in recommending her. Indeed I have already done this to my colleagues and I'm sure they will find their sessions as beneficial as I have found mine.

September 2009

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**Dr Sally Palmer-Walton**

Don't ask me to explain exactly what Sonia does. She guides you to focus on what is important to you, and you feel so nurtured and inspired by her as you flow through her practical advice, that you don't notice precisely the tools she uses to empower you. The fact that her techniques all feel so natural is a gift in itself, but the results she gently yet firmly elicits from you are even more extraordinary.

I turned to Sonia when my life was in turmoil and my work life chaotic. I could hardly vocalise what I wanted to achieve and had absolutely no idea how to get to my end goal. Yet with incredible patience and humour Sonia helped me to visualise a viable pathway. She firstly showed me that I was setting unrealistic expectations of myself, and then facilitated my defining a clear set of achievable steps towards my intended goal, suggesting alternative approaches and avenues along the way. I was amazed that, within a few weeks, I had created a strong basis for stepping out into the career world again and I very quickly found myself in a new job aligned with my academic achievements.

Through Sonia's guidance I felt more empowered and confident and, within only five months of beginning my new job, I decided to ask for a pay-rise. I returned to Sonia, who directed me through the process of writing a professional report which outlined how my skills could optimise and enhance the office and team I managed and why I was worth investing in. One month later I got my rise!

I would have absolutely no hesitation in recommending Sonia to individuals and companies alike. We need more people like her in the workplace: someone with strong integrity and sincerity who you can trust and who has the passion to inspire you from start to finish.

2009

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**Robert Daisley                      Team Leader**  
**Transaction Network Services (UK) Limited**

When I was first given the opportunity to work with Sonia I have to admit I was a little uncertain. I had had no experience of this type of coaching before but was willing to go in open minded.

In the assessment session we identified a number of areas to tackle and it seemed a lot to achieve in 6 sessions. However, now that I have finished those 6 sessions I can say without a doubt that all of these areas have been addressed. Also, my coaching came at a time where internal changes were happening within my company and I have opportunities to grow and development strongly within the organisation.

With the help that I have received from Sonia I believe I can actively tackle these new challenges with a renewed confidence and assertiveness.

May 2007

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**Margit Gaschott                      Sales Support, Luvata Welwyn Garden City**

I am lucky to work for an excellent Managing Director. She arranged a few sessions for me with Sonia.

I was not sure what to expect and what would be expected of me. But Sonia made me feel relaxed and talking and listening to each other was very easy.

At our first meeting I found it very important to explain to Sonia right at the beginning, that I had moved to the UK four and a half years ago and my English was not good enough and therefore our conversations could be a bit difficult.

Without knowing it, I presented her the first subject to work on with me.

Sonia made me aware that I covert important skills under the blanket of "I can't communicate properly" and she made me realize, that I don't need this cover.

I was so focused on my lack of good English that unconsciously I blocked out other skills and I felt unsure how to deal with certain situations.

She made me trust my personal skills as a whole, in balancing out the weaker ones with the stronger ones.

Also she made me see how important it is to trust the skills of the people I work with.

Further she showed me how to communicate in a more efficient way – independent of language – which helps me to get the best out of myself and out of the people around me.

Thanks Sonja for the boost of confidence.

July 2007

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**Vincenzo Gallo** **Heading Section, Luvata Welwyn Garden City**

I was introduced to Ms Khera by my Managing Director and was very sceptical about our first meeting as to me the term 'Life coaching' was very comical, as I did not see what this would help me achieve.

In our first meeting I chatted to Ms Khera about myself to give her a good understanding of my background and from this she had obviously had a clear understanding of the type of character I am as she quickly found areas that I agreed needed a lot of work on.

I found Ms Khera very helpful and I feel more open to discussing things with others, which previously I may have avoided. I also find myself being more tactful and calm when dealing

with difficult situations. Ms Khera has taught me how to handle different situations with a better attitude both on a work based level and on a personal level.

I would definitely recommend Ms Khera to other work colleagues with no hesitation, as I am sure they will find her as beneficial as I have.

January 2007

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**Nick Lester      Support & Development Manager, Transaction Network Services (UK) Ltd**

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.

2006

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**Derek Campbell      Managing Director, Chiltern Aston Centre LTD**

My initial contact with Sonia was a very reluctant affair on my part due to its infringement on time, when every second and more was accounted for. However, with internal pressure relating to the Skill2Lead initiative, I finally agreed to meet, do an assessment and discuss the possible benefits of a tailored programme.

This was duly arranged, again somewhat grudgingly on my part due to time constraints. Sonia came to see me and, within a very easy relaxed short space of time, somehow she had done an assessment.

The assessment was extremely accurate and brought so much clarity to the magnitude of what I was trying to do within the new role that I had taken on within the recently founded new company. Subsequently, I decided that any help/training, regardless of what it was, would be essential to avoid my worst fear; failing or letting anyone down.



Sonia prepared all of the grant paperwork and made an action/development plan, based on the assessment, to be explored and developed over a period of six weeks with a one to one session once a week.

Working with Sonia over this period was easy and very rewarding. Her logical and very relaxed approach made light of quite an intensive programme, almost a refreshing break within the stressed turmoil that used to be a normal working week.

If you were to have asked me about coaching prior to working with Sonia, I would have said that I was far too busy to even begin to tell you why it wasn't for me. Now, however, I have a professional working relationship with someone completely different from myself, or so I thought, resulting in an increasing amount of time and energy available to both progress the business and understand that, even with common committed goals, not everyone is the same but they do respond to a similar approach.

I would recommend Sonia to anyone, in a leadership role, looking to improve and understand communication and benefit from other people's energy. The improvements, with mutual effort, are very real *in* a remarkably short space of time, even to the extent of impacting on personal life without even realising it.

Subsequently, I will be looking to work with Sonia *again* in the future outside of the scheme that initiated the original contact.

March 2006

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**Alan G Mathews F.I.M.I.                      Dealer Principal, Lisles of Welwyn, Fiat**

Despite a healthy dose of cynicism during the initial approach to discuss the Skills 2 Lead Programme, I did agree to meet with Ms Sonia Khera and have the initial assessment to explore the possibility that the coaching offer would actually help me understand and deal with the challenges facing both my staff and myself.

I had never been involved in the one to one coaching previously, but after completing my course would unreservedly recommend that any under pressure, management staff take a long hard look at the way in which they face up to and deal with every aspect of their job and use the skills, focus and process that Ms Khera can bring to bear.

The whole coaching process is based on you and your experience, hopes and ambitions. You will end up more confident, sure of your abilities and far more positive in your approach to challenges.

I would recommend Ms Khera and her coaching methods to any body serious about having a successful and personally rewarding management career.

March 2006

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**Sushil Radia                                      Managing Director, Westminster Homecare**

My initial contact with Sonia was through a phone call from her, followed by a preliminary meeting. Whilst I was aware of the Leadership and Management Development scheme and its purpose, I was not convinced that it would do anything for me.

Our first meeting was exploratory and general sharing of information, ideas and challenges that I was facing. I found Sonia to be very perceptive, without any pre-conceived ideas and quick on deciphering my aspirations and limiting factors. She understood that I needed solutions that did not require significant time commitments and that which did not increase my workload. My objective was to become more assertive without being aggressive, and "get" my staff to take on more of the roles that they should be performing.

Through our one to one meetings and telephone sessions, I learned a lot about behaviour, about walking the talk and being aware of the surroundings. I learnt how to deal with

situations without owning the problem, and how to reinforce the positive and deflect the negatives. The telephone sessions were particularly useful in honing my listening skills, as I operate a multi site business and am regularly dealing with my managers on the phone.

I found these sessions very valuable: I was able to realign my priorities, save time and more importantly gain satisfaction in my work. I achieved my personal and business objectives and a platform for future growth. I recommend her wholeheartedly.

April 2006

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**Phil Cooper    Managing Director, Abbey Steel & Shearing Co Ltd**

Regarding Sonia Khera

What cant I say?

One of my training managers better decisions!

If you have a problem, she solves it for you but will give you the tools to solve it for yourself. The biggest bonus is you get to keep the tools. Sonia can help with many different issues by giving you personal detailed man management and personal advice, which works, both at the office and in any other situation.

I was extremely sceptical at first as I suspect that you are. I was too busy to see the nose on the end of my face. She has an ability to sniff out the real route cause of any issue, and help you to deal with the fundamentals. Sometimes those fundamentals are not where you expected them to be!

Once those are addressed everything else falls into place.

She can really help to perform at your peak and to help you get the best out of others around you. Sound principles are core to what she says. They work, I know, I use them now as often as I can.

August 2006

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**Steve Burden MILT    Funstons, Transport & Logistics Senior Manager**

I am pleased to report some progress in both the personal development and sales development at Funstons since completing the 'Skills to Lead' course with you.

At the outset I was not concerned about the need for development as I had identified some of the areas whilst completing my CPD with the Chartered Institute of Logistics and Transport.

Applying this directly to the business of Funstons, with your help I have been able to overcome some of my fears of the sales process and find myself working in increasingly smarter ways that are now becoming second nature.

With the benefit of your insight and humility, I have begun to overcome, what was an irrational fear of sales! I hadn't considered the concepts of '3 touches' not to mention the complete fear of rejection.

This is a little odd as I have written Customer Care courses in the past! It was excellent to effectively re-learn some of those principles albeit that we didn't always agree.

None the less, I found the whole process both challenging and stimulating. I believe that some of the other life skills, that we all learn but tend to forget as we age, can be as exciting and demanding to re-learn as it was to learn about them in the first place.

I can thoroughly recommend you to potential clients, and was pleased to learn that my boss is also going to have some time with you.  
August 2006

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**Dave Shaw                      Funstons, Managing Director, Transport & Logistics**

I found my sessions with Sonia to be both testing and informative. I approached the sessions with an open mind to the benefits they may bring and was pleasantly surprised by the outcome.

Specifically Sonia helped me to overcome a personal difficulty purely through her insight into the perspective adopted. She encouraged me to look at things differently and was challenging when we looked at various scenarios and the view I took of them.

I would recommend Sonia to anyone, at any point in their career, who is looking to broaden their thinking and better understand ways to succeed both in the business place and personally.  
November 2006

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**Kevin Bennett                      Technical Director**

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 an 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.  
December 2006

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**Ralph Verlander            Chief Executive, Life Opportunities Trust**

My initial contact with Sonia was through a telephone call to discuss the of Skills2lead initiative. I had attended a local Business Link seminar on this but had not been convinced that it would be appropriate to me in my role as Director of Life Opportunities Trust.

However, after a discussion about the scheme, Sonia convinced me that it was appropriate, and we planned a series of meetings based on our discussions.

Our first session was planned to ascertain the areas to work on, based on LOT's business needs and my thoughts of how I would like to develop myself to help achieve these. I found Sonia to be very perceptive and she impressed me by understanding swiftly the challenges of the sector, my personal plans and areas for development, and devising an action plan to meet all of these, in a way which did not involve my having to commit to a significantly increased workload, which was important given the circumstances.

Sonia prepared an action plan based on our discussions with a view to developing skills in areas we felt would be of help in achieving the objectives. The sessions were well-prepared and concentrated on the issues concerned. Sonia helped me focus on areas which I might not have considered, and raised my awareness of how interactions have a bearing on business success.

I have been impressed by the way Sonia helped me understand the significance of behaviour and relationships, and in doing so, how she showed how natural and clear the process can be so that it has been simple to adapt the theories and methods to both my work and everyday life. Although the sessions were intense, they were always fun and interesting, and Sonia was able to digress from the main topic of the day to help with relaxation.

I had not had coaching sessions previously, but am now convinced of their benefit, since the process has been linked to my experiences and ambitions, which has made the understanding and implementation more immediate and relevant than more formal college-based courses.

I would recommend a coaching method, and Sonia herself, to anyone who feels that they require something practical, or indeed, to enable them to take a different, and fresh approach to learning and development I believe I am more confident and positive in my ability to tackle various projects in which I have no experience, and this positiveness has been noticed already by my staff and Board of Trustees. I feel that it has also spilled over into my personal life, and I am far more aware of behaviours and the responses to the way in which people interact I have thoroughly enjoyed my relationship with Sonia, and would have no hesitation in recommending her as a competent and personable coach.

October 2005

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**Pree Hurring                    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.

2006

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**Clare Mercurius Taylor                      London**

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!!

December 2006

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**Hazel Coles                                      Director, Special Kids Care Agency Limited**

Sonia was introduced to me through Business Link in 2005 an she began coaching session in Spring 2006, As an owner/director of a child care agency the strength of our people skills can markedly influence the performance of our business and it was in this area that I wanted Sonia to address with me.

From the outset Sonia was clear that I needed to conceptualise clear definable objectives in order to ensure that any personal developments could be channelled constructively and me measured (albeit subjectively). Sonia was very skilful in prompting me to come up with quite simple goals that we could work on each session. These small goals however proved tp be the key to improving my interactions with others.

Sonia has a wonderful way of working which made all our sessions seem effortless and natural. It was often only as a session was drawing to a close did I grasp that we had been working to an Agenda! A significant part of how my skill developed was though unconscious absorption of Sonia’s own style. This is Sonia’s great gift.

As an executive coach Sonia engenders trust through a sincere warm style coupled with a sound knowledge of the skills necessary to run an effective business.

September 2006

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**Kiranjit Saini                                      Scheme manager, North Yorkshire, UK**

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 master’s 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.  
2006

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**Sol Sanchez de Munian            International Sales Director, Helen Exley Giftbooks**

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 the means that I can now focus my efforts and attention on reaching my objectives.

Bly looking at all the different aspects that contribute towards the complete work environment, I have come to realise my role fulfils me on many different levels, and what I thought were major problems can be in face 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.  
September 2005

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**Nathan Gardiner            General Manager, Dragons Health Clubs**

I started receiving coaching from Sonia in April 2005. The process the coaching took initially 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 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 a more to absorb more 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 personally and professionally.  
2005

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**Jacqueline Heron      JAMINTERNET, London**

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.

These techniques proved to be effective and I was extremely pleased with the outcome. Our interaction impacted positively on my business producing increased clients. I have found my professional business relationship with Sonia over the last year, has been extremely satisfying and beneficial.

2005

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**C Patel, London**

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 was 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.

2005

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**Apurva Patel      Independent Project Manager**

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.

2005

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**Alison, 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.  
November 2005

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**Selina Neri      Telecommunications Senior Management, Germany**

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..  
2004

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**Korin Nolan, London**

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 TV-channel 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!  
2004

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**Mandy Atwal, London**

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.

2004

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**Martin Arnold Carrier Manager, MCI. Germany**

"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.

2003

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**Ajay Ahuja Published Author, Property & Accountancy Entrepreneur**

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.

2003

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**Clare Axelson, Senior Worker, Registered Charity, North West London**

"I had one session of 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."

2003

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**Barbara Swan Dorset, UK**

"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."

2003