

## Youth Education & Career Start Success

### Feedback from 16/17 Year old students studying GCSE at level preparing for further education or a career start : Telephone and in Person Consultations

I never felt uncomfortable or unable to talk to Sonia; she was understanding and very approachable from the very beginning. Sonia's services helped make my university application stronger, and her knowledge and approach have also proved invaluable. Also, she released I have a speech impediment and provided advice to help overcome it. Approaching Sonia for help in writing my personal statement, university choices and interview skills was the best decision I've made and without a doubt, I would certainly recommend Sonia.

[Sruthi – Applying to University to study Dentistry](#)

It was almost as if Sonia knew every answer to my numerous questions and she approached these in a positive and enthusiastic attitude which was very uplifting. I found that it was effortless and comforting to converse and share my worries with Sonia. She listened to my countless qualms about university prospects from detailed personal statement help and feedback, to university choices. She gave me an invaluable insight into the reality of applying to university and boosted my confidence and self-belief. Initially, I did not believe in myself and constantly put myself down with every chance I could get; I felt I was aimlessly wondering into dangerous waters- where I was afraid to make any decisions in fear that that one decision would potentially change my future- something that was personally very daunting. However, after speaking to Sonia, I found that my thinking transformed to a 'can-do' attitude to all my goals and valued my abilities and skills more. She helped shape my future in the way I wanted and painted a positive picture in my mind of a goal I can strive for. I would definitely recommend Sonia and her mentoring services to any young person.

[Swetha – Applying to University to study Medicine](#)

I found your chat very helpful because it made me realise my positive and negative things about myself. You linked up all my good quality skills and my life routine together and it showed a good cycle. This showed me that I can achieve what I want if I put my head to it. Even if my teachers say that I am not able to achieve certain things or grades it does not matter because it is all just a grade, not my life.

[Mariya – Designing a powerful CV and gaining confidence and value of self](#)

I found the experience of having Sonia mentor me helped me make my personal statement very appealing and engaging, I needed to be able to catch the viewer's attention, which is what I found very difficult. Although I had put in all the information fitting it all in 40 lines and 4000 characters was what I had found very difficult. It was all about making me stand out to the admissions tutor who selects the best candidates for the course. I found your knowledge very helpful because you knew what the admissions tutor would be looking for. I have learnt not to drag on what I am writing and not to write irrelevant things on the personal statement. I also learnt that I have to write and be myself, because you are who you are and that is who I am selling to the university. It was easy to talk to you about what I was struggling with as my written English is written how I tend to speak. This is one of my weaknesses, which Sonia helped me understand and how to change that. Your services helped me very much to understand how to write something in a formal format. Your help has already resulted in an offer at 1 university- now waiting for the other 4! I would definitely most certainly recommend your one to one help as it can be life changing! ☺

Thank you again for all your help and support.

[Mariya – Applying to University to study Digital Media Design ad Entertainment Technology](#)

Hello, I'm Buthayna, I'm seventeen years old and will be graduating from high school in a couple of months. Before meeting Sonia, my idea of life coaching wasn't very clear; I thought that only people that suffered from depression or have lost their way in life get life coached. It was actually my mother who at first forced me to get life coached because I was very indecisive and lost. I didn't know which career path to follow and didn't know where to begin. Sonia introduced a very helpful technique called Mind mapping, which helped me loads. I now use mind mapping regularly. It helped me figure out how to spend the next few years of my life, it helped me pick a career.

Unfortunately, we didn't have a lot of time since my stay in London was short; however, I ended up learning new things about myself and it matured me in a sense. The biggest break through I had, from my time with Sonia was that I took full responsibility for something that happened to me last year. I failed a couple of classes in school and on the verge of failing more. That whole year, I did absolutely nothing. I didn't do my homework, daydreamt in class, didn't study for my tests and showed up late to school. For some reason, I was in denial the whole year and blamed everyone and made up excuses for failing. Sonia and I had talked about this issue and in one of our sessions, an epiphany came to me. I realized that it wasn't anyone's fault but my own that I had such awful grades. Just admitting that it was my fault made me realize that I had to "pull up my socks" for this year. If I wanted to get accepted into a decent university and have a great résumé then I would have to do a lot of work.

I am very happy about having met Sonia. Although we had a professional relationship, it was enjoyable. She really pinpointed exactly what I was doing wrong and sometimes would tell me things about myself I was like in my own words "Oh my God, how did you know". It was almost like she had known me for years and understood me. I felt very comfortable talking to Sonia, because she knows exactly what she is talking about, experienced in business and life and very down to earth. I will definitely continue working with Sonia through e-mail. Thank you Sonia :)

Sincerely, Buthayna

[Buthayna- Self awareness, motivation and focus attention.](#)