



## Personal Coaching Clients Feedback

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*"Change posed a major challenge for me. Moving to another career was something I thought impossible. Working with Mio made the move possible and the outcome rewarding. Her belief in my ability gave me the courage to extend myself. The skill she had in helping me clear the clutter has enabled a future full of possibilities."*

**Gayle Lawrence**

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*"...Mio was very good at asking the 'hard' questions that I hadn't perhaps thought about... I think my whole experience was very professionally organised from the forms I filled out at the beginning to Mio explaining the whole process to me and also getting the goal statements after each session and any other follow up emails. I think you will be providing a fantastic service that truly helps people."*

**J.V. Belmont**

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*"...being prompted to explore ideas outside of the session - follow up summary - definitely helped...my impression of coaching was a face to face session but once tried, the phone sessions were better than I imagined...Fantastic, Mio! With my new plan I m committed to doing one thing towards it every day and believe I will get there - I will keep you posted!!"*

**Dianna Goodman, Manna Vinum Marketing, Geelong**

**Mio has a fresh and simple view of prioritising and it de-cluttered my busy thoughts and removed the weight I was feeling upon my shoulders.**

**Before I started the coaching I felt that I was battling along, bogged down with a lot of things, with nobody who I could talk to about these things. Mio helped me to unload my frustrations and turn them into energy, motivating me to do a lot of great things I would not have initiated by myself because I thought I did not deserve to have fun while I had so many jobs to finish. I am now aware of how important it is to allow myself some time out to do the things I like. My soul needs to get out with friends, spend a day in the bush, and often, to be “allowed” to do a few spontaneous things that are not planned, like helping a friend do something we both believe in or just helping someone who is down or needs a hand. Mio helped me see that this is important to me and I should make time for it. Mio has helped me to look at my priorities, which I will continue to do.**

**I am thrilled to be able to say that my coaching motivated me to achieve something which I had been putting off doing for a long time – I changed my lifestyle to include early nights, early mornings, a morning walk and other exercise, as well as better eating. It was important for me to achieve this lifestyle in order for me to be able to do a lot of the things I am passionate about. The morning walk is refreshing and revitalizing and I feel so much fitter now. My husband is benefiting too, as he comes along on my walk and would not have done it by himself. We enjoy the people we see along the walk and it is a very happy activity. I do believe that I have lost my cellulite too! I have not lost any time because I get up early, and just watch less TV at night!**

**The coaching sessions helped me to sort out the most important things for me to achieve at that time, and we looked realistically at how I could achieve these. I managed to tackle a large amount of paperwork and I finished it off in a much shorter timeframe than in previous years. This was a huge load off my shoulders. I also found the assertiveness to plan and supervise a “tidy up” of various domestic projects and a decluttering of our house!**

**It was great to have someone understanding but objective to talk to about my life and where I was feeling “stuck”. Mio has an energy and a love of life which was infectious. The sessions motivated me to start looking after myself better and I am feeling physically stronger and fitter. I feel I have more control over my life now. I am very positive about my future now, but if I get a bit stuck I would not hesitate to use the coaching again. You really have given me a fresh approach which is going to make a big difference to me. Thanks a million Mio.**

**Jo H. Geelong**

## **Group Coaching Workshop Feedback**

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**Some of the answers to the question:**

**"What did you like most about the workshop?"**

**"A very enjoyable and informative workshop!"**

**"Useful and well-structured content"**

**"The Passion!!"**

**"interactive nature of the workshop"**

**"Humor!"**

**"easy to follow and work through format"**

**"Relaxed format"**

**"Variety of Ideas generated was excellent"**

**"learning a methodical process for change"**

**\*All comments/feedback provided by the participants of previous workshops**