

Beginning in September 2009, I undertook a coaching course with Joan Bell which comprised of 6 coaching sessions. At this time I was living in Cork, Ireland and Joan was in Victoria, Australia. We were able to maintain contact with each other via e-mail and conference calls so distance was not a problem. I found Joan's newsletters and blogs most informative and full of positive and life affirming ideas.

I chose to work with Joan as she believes in taking action. It was at a time in my life when I had been working very hard but was experiencing blocks in most areas of my life, personal, professional and financial. Joan helped me to gain a deeper understanding of myself and to move forward in a positive way.

It has been a pleasure working with Joan as I found her to be most professional. Her integrity and genuine commitment to her work is most apparent. Throughout our coaching sessions I found Joan to be flexible and supportive. She offered insights into situations and positively guided me forward at a pace that I was comfortable with.

I would strongly recommend coaching with Joan Bell for anyone who wants to take action and make positive, life enhancing changes in their lives.

Angela D