

Joan as a person is inspirational. She is natural, happy, and confident. A great listener, she constantly probes for revelation.

I heard about life coaching and benefited from a promotional leaflet I received many years ago. I was challenged by the question on this leaflet: "Are you living your ultimate life?" But I had never tried it out with a life coach until I met Joan. I was impressed by Joan's open and direct approach, her constant probing for revelation, her positive perspective on life, her persistent motivating and challenging, and her physical fitness. Joan is fit beyond her years. She is my inspiration.

Before I knew Joan and did the 12-week life coaching course with her, I lived a life in which I aspired to please everyone else. I felt a constant falling short of other people's expectations. I felt life was difficult because there were always people who would be unhappy with me. I didn't think I could be happy and have a successful career at the same time. I thought I must work really hard, sacrificing personal life and happiness in order to succeed. Happiness would follow. For years I had tried hard to win people over. I didn't really win any body.

All of this changed after I knew Joan and had done the course with her. Joan inspired, motivated and challenged me to be my best with what I have where I am and when I can. People will be drawn to me and I don't have to win them over. Joan walks her talk and that is why I believe in her. She is a living example of what she is "preaching". I am glad I know Joan and have done a life coaching course with her.

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