

"I had always wanted to try life coaching and six months ago I finally plucked up the courage to go for it! I researched some coaches, checked out a few and finally decided to book a 12 week programme with Joan Bell.

When I started coaching with Joan I was stuck in a rut. I was stuck in every area of my life. I couldn't decide where to go next, what to do! What career? What future? What would fulfil me? What did I really want from life?

From week to week with Joan's questions, exercises, games, and tasks I began to get clarity on what I really wanted for me and what my real purpose is. Joan helped me dig out my dreams and aspirations and I now know what I'm here to do! I'm on a mission. Joan helped me to see I am in control of my life and that the power is in my hands!

Armed with this new found wisdom and Joan's continual encouragement I have changed my life! I have a new job and I am on an exciting and fulfilling career path. I now have big beautiful goals and I truly believe I will achieve them! Before Joan I honestly didn't believe that I could have it all and live my dream life.

Joan has truly empowered me! I have revamped my home, I've got fit and healthy, I've revived my enthusiasm for life! My "get up and go" is back! I feel happier and more joyous than I have ever felt, I feel as though I am finally the real me.

Thank you Joan, you inspire me!"

Rob 2008