

Testimonials – Learning Programmes Self-Leadership

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Structure

This document contains testimonials from participants from the various offerings of this category of learning programmes. (No names or identifying information is included.) It is also important to note that these comments come from a variety of programmes, and not just one design or event.

Of course, testimonials are almost always focused on the positive. If you are also interested in discussing the lessons learned from these programmes, please contact Noel Posus through the contact information at the end of the document.

Feedback

I am continually amazed by your skills and immense framework of giving, Noel. You have given me a great gift this weekend by helping me see who I really am and my responsibilities and opportunities to be the best person I can be. You've given me confidence and clarity and I feel I am forever changed as a result of it.

One of the biggest areas of achievement I feel I've gained from this "play-shop" (and I love that name!) is learning how to juggle all the various roles I have in life by focusing first on me and my needs. I used to think that was being selfish, but now I understand it's a critical part of the process. If I get what I need, it doesn't mean that other people can't also get what they need.

I have a lot of people who depend on me every single day and I've been burning out for quite some time. What I gained from these two days has been a plan for how I can be a more confident leader, to delegate, to say no, to take care of me first. I've learned how to demonstrate authority without being aggressive. I need to be seen by others as a leader and I feel I can see myself as a leader too, which I know is also important.

incredible awareness

I've spent so much time leading others that I never realised I had a responsibility to be leading myself. Now that I see what that really means, I know that not only will I become an effective self-leader, but I'm already seeing how much more effective of a leader of others I'm becoming.

I also appreciate your generosity in supporting me through coaching over the coming months. I know I'll need that extra support and I fully trust and respect you to be the person to help me achieve my potential.

Thank you for challenging us (me) so much this weekend. I didn't really know what I was in for, and I certainly didn't expect it was going to affect me this much emotionally. Thanks for allowing me the time and space to deal with things as they came up for me. You're an incredible coach and I'm looking forward to speaking with you every now and then as I try to implement what I've learned here (and have yet to learn).

This has been a life changing course. Everyone needs to be doing this.

Contacts

To discuss your needs, please contact Noel Posus, Director and Master Coach for Incredible Awareness.

Noel Posus

E: noel@incredibleawareness.com

W: www.incredibleawareness.com

M: 0416 006 476

(or if calling from outside Australia, dial +61 416 006 476)