

## Testimonials – Learning Programmes Transform Your Life

ID-LEARNINGPROGRAMMESTRANFORM20080401

### 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've attended so many seminars from the big American lifestyle gurus that I was very hesitant when my partner asked me to come along to Transform Your Life. I'm so glad I came.

This wasn't anything like the others. This one I had to work, and work hard! I wasn't "talked to" for two days. We had a conversation and I was continually challenged to think, make choices and take action. I don't think I've ever done anything this practical before, and it's exactly what I needed.

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I didn't know anything about life coaching before this course, and now I'm really excited about following up from the weekend, by working with my very own coach. I now see so many things I want to accomplish and it's great to know that I have the tools and support to make those changes happen.

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I'm still feeling quite overwhelmed with how much I've had to explore this weekend, and I'm sure it's going to take me a bit of time to sort through this. Normally, this might actually bother me more than it actually is. You're challenged me to take action, and not just think, so I'm not going to have time to over-analyse things. Review, yes. Learn, yes. Over-think, no.

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I can't wait to teach this stuff to my kids!

I just keep thinking, why didn't we learn this stuff in school? It's such an important life skill. Well, I'm glad I have it now, and thank you.

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It's great to finally be giving myself permission to go after what I want for a change. All my life it seems has been about satisfying everyone else's needs and never attending to my own.

There's so much I want for myself, and I'm going to get it. Thanks for showing me how, and for being there as much coach to support me along the way.

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There just wasn't enough time in the course to cover everything I wanted, which I suppose is a sign that I've left things unattended for so long that it's built up and I suddenly want one course to fix everything for me. I really enjoyed the course, and yet was frustrated at the same time because it's really clear to me that I have to take responsibility and change my life. No one is going to change it for me. I'm nervous about this, but you've showed us so many tools and you're going to make sure I follow through on what I committed to (that really scares me, but it's good!). I've already experienced the past two days what a great coach you are Noel, so I fully trust you to help me through the next steps.

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## Contacts

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

Noel Posus

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