
Thank you for your feedback. It is valuable!

● How did your coaching help you?

Coaching with you helped increase my confidence dramatically and made me feel much, much more positive. It gave my career a strong focus and a goal and a clear path to reach that goal. The effect was immediate – even after our first session I came away feeling as if a fog was lifting and I could see much clearer.

● What were the two most useful elements of your coaching?

Having the sessions face to face were critical for me. The regularity/intensity was crucial too. I meant I could clearly see the improvements each week which gave me motivation to keep going. The amount of homework really kept me going inbetween sessions too.

● Which aspect of your coaching pleased you most?

Everything about the sessions with you worked perfectly for me. Your down to earth approach, professionalism and clear expertise never failed to impress me each week. I was always so impressed by the promptness, level and detail of the emailed homework and feedback after the sessions. Your memory for things I said during our sessions is incredible – and the summaries were really useful.

● Do you have any suggestions for improvement?

There is absolutely nothing I could think of that would have improved our sessions. You clearly stand head and shoulders (and an awful lot more!) above all other life coaches – I felt privileged to have been coached by someone with your experience and expertise. You were simply brilliant – from the word go you were able to get me to open up (no mean feat!) and you immediately got to the heart of the issues. Your confidence was also a real aspiration to me.

Would you recommend me?

Absolutely!!

If yes, please write a sentence or two that I could use for marketing purposes. Otherwise, leave this section blank (your other comments will be for my eyes only).

Nigel is an absolutely superb life coach. I can only describe the effect he has had on my confidence as miraculous. The sessions with Nigel were brilliantly run and got to the heart of the issue immediately. He is so easy to talk to, down to earth and professional. The homework he set was extremely prompt, clear, well set out and easy to understand. I feel that having Nigel as my life coach really has given me an "edge". I would strongly recommend Nigel to anyone looking for a highly qualified and experienced life coach who will quickly get you to where you want to be.

Thank you once again. Do keep in touch.