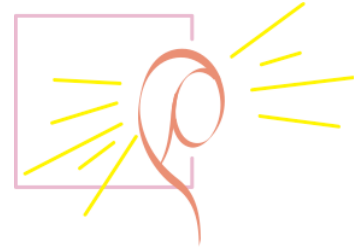


TESTIMONIALS



Professional Development Programme:

“Meribeth has carried out training on both an individual and group basis for Skandia, and without exception everyone has agreed it was the most beneficial training they have experienced to help them improve as a presenter.”

John Litchfield, Skandia UK

“I am very grateful to you for helping me to overcome my fears and start to actually enjoy presenting. Thank you for caring about the 'whole' me too, as I now understand that all aspects of the person contribute to well being and self- confidence”.

Sandra Postles, HR Director, National Savings and Insurance UK

“Meribeth knows what whole person coaching really means -mind, body and beliefs. Leadership coaches typically lack the ability to work with the body and so miss opportunities to build confidence and personal power...”

Andy Binns, Head of Leadership Development, BT Group

This experience was highly positive and profitable, specifically in a challenging period for me. This coaching program gave me the positive energy to find inner strengths and be creative to build my own path for the Nestle project. It was also a powerful psychological support to improve my skills about generating positive energies with my audiences.

Sandra Schweighauser, Industry Leader, DuPont Marketing & Sales Effectiveness

Feedback from FC Cake Women’s Programme:

“Stress-free learning – fantastic concept” ---

CT, age 35, in career transition

I’m taking away space for myself and a sense of relaxation, a desire to clear out my life’s ‘dead wood’ and the need to review my future.”—

PE, age 60, recently found the impetus to change her work-life balance

“I feel calmer and inspired. My inner critic is silenced. And, it was lovely t to be amongst such fabulous women.” ---

JB, age 40, now determined to make more time for herself without guilt

Domino Effect Programme

“Week to week, as I thought through and argued with myself about what I should be doing with my life at this point, my talks with you kept resurfacing... I evolved during those 3 weeks from having a rather frantic need to make a decision about something - anything - NOW!, to being a

person who is much more willing to relax - to wait and see where the inner waters need to flow. Thank you again for your humor, compassion and depth of insight”.

B Lewis, Canada

“I found the work that Meribeth did with me extremely useful in helping me recognize issues and areas in my life that had not been clear before. The benefits that I have found are to feel calmer, more aware of my posture, more aware of my thoughts both positive and negative, and their impact on the world”.

C Petersen, Switzerland

“I found her and her work to be real catalyst for the positive changes I have been working to achieve in my life. In addition to the sage advice she provided, she reminded of some very important things that I had either forgotten or put aside, but clearly still needed to work on”.

A Miller, Switzerland

“Due to Meribeth's energetic interventions, I felt, and others noticed, a lightness in my presence that has been helpful in my personal interactions. Working with Meribeth also helped me to establish clarity around issues at work and at home”.

M B Morand, UNHCR

“... her observations are uncanny, right on...and sometimes even shocking revelations about the self. Her insights and conclusions opened new doors to my self understanding, and going through the process with her was always a positive experience that brought increased understanding and peace. I highly recommend the exercise”.

WIN Conference 2005 Workshop comments (taken from evaluations):

“Absolutely empowered to speak in public and use my unique abilities to enhance my speaking. Also very useful practical techniques”.

“This is going to make a huge difference to me”.

“She is present, knowledgeable, fun, compassionate workshop leader”.

“Feel Empowered, inspired, present and with lots of space. Thank you!”

“Learnt something and can relate with it”.

“Inspired”

“Empowered. Been an issue for a while. Now I have a solution”.

“Great. She was amazing. Inspiring & Encouraging”.

“Great personality”

“Confident to be able to change. Lots of ideas for improvement”.

“Techniques I can use immediately”.

“Flexible and attentive to the group dynamics and requirements”.

“I remember a few useful tips that I can apply quickly. Great moderator”.

“Feel very confident. You are very natural”.

Helpful for my personal and professional life. Great!

“Wonderful, simple techniques effective for speaking, self introduction”.

“Extremely powerful. Very trained, caring speaker”.

“Fantastic. Will practice what I have learned.