

“Derek gave me the courage to do literally all the things my heart wanted to do but which I feared doing. I wouldn’t have done them without him. He ensures you understand what lies beneath your stock way of thinking. He’s warm, often funny, calming and incredibly strong”.

*Nisha M*

“Being coached by Derek was an amazing experience. I soon started to look forward, not back..... And I did let go, and I did move on!”

*Jane B*

“I was drowning in emotion, didn’t know how to deal with it. To be honest, coaching wasn’t what I expected, but it worked. The technique of thinking of successes rather than problems really did something for me. I’m much more settled now. I know what I want.”

*Ayjan I*

“Powerful listening, getting me straight into the real issues....Derek has great insight gentleness and strength. I was made to stop and think about things in a new way..... A sense of relief to finally be seen and heard.”

*Dorothy A*

“I feel safe with Derek. Kind of held, you know? He keeps me focused. He helps me listen to my best self.”

*Lorraine O*

“Although the sessions were at times challenging, they left me feeling encouraged, with a renewed sense of purpose and determination, and I have been able as a result to put into practice constructive habits that last.

The sessions were profound but not "heavy"; Derek's warmth and humanity meant they were relaxed and often laced with humour. His intent listening skills and intuition meant that he understood what I was trying to say, even when I was not able to be coherent; he often helped me to look at difficult situations from a fresh and positive perspective.

With Derek, because he himself is so direct, honest, yet totally non-judgemental, I felt totally safe and able to talk completely honestly and freely. At the same time he kept me ‘on track’, so I did not lose sight of what I wanted

to achieve. His inherent integrity inspires trust and confidence; he also never forgets you are an individual.

Derek's coaching gave me back my confidence so that I was able to trust in my instincts, to think reflectively and to start to move on with my life.

*Teresa B*

"I have very much appreciated your calm, gentle, focussed approach and your non-judgmental acceptance of my views, which has encouraged me to speak freely despite feeling quite wary to start with. I like to think you agreed with me over lots of things and this has given me a boost thinking that I'm not so unreasonable or incomprehensible. You have picked up on several sticking points, kept me concentrated on what my issues are and shown me alternative ways of looking at them. You've helped me to interpret some of the more ambivalent feelings I have and given me different options to explore instead of just defaulting to familiar thinking. So I am glad I allowed myself to have this experience, and I think I will give myself a much freer rein in the future to explore and experience just for the fun of it. Mostly I feel good about myself, infinitely more forgiving, and I think I have identified lots of faults that have been blocking my progress. So it's chocks away, and I'm going out there now hopefully with enough resources to get me over the next big hurdles!

You have been part of my experience here and I am grateful to you for your input. You were right when you said that I have everything I need, now, within me, and I feel like I have got back something one should never lose: being master of one's own destiny."

*Maryse S*