

CLIENT TESTIMONIAL



I worked with Chris over the last twelve months to improve my application to work whilst examining home life routine, and how this could be improved to maximise my potential in the workplace.

Having the right fit as a coach and mentor was important to me. On a personal level, I've never reacted well to an aggressive or patronising style. Therefore, after review of some online coaches and finding Chris, I could see that his mantra and thoughtful reflective approach would bring out the best in me.

The past year has brought me to place of contentment and self-appreciation. I'm really mindful of my actions, knowing the outcomes, understanding their influence on my day to day work progress and achievements.

My employer changed during the past year and some of the initial set out aims got skewed but rather than derail the coaching process, the focus on improvement remained and supported me to be the most efficient I've ever been.

I would highly recommend Chris who has exceeded my expectations and proved significant value in his well measured and intelligent approach to peak performance at work and home.



Tim O'Donoghue

Commodity Operations