



Client Review

Here is a testimony of my experience with the coaching from Chantelle Lynch.

I have to say at the beginning, because you get bombarded with so many things through social media, and some very disingenuous people on there, but also some very good people on there, too! And it can be hard to weed them out right? So, when I first saw her offer, I was a bit reluctant. And even after doing the first week, I thought, this is good. But I said that I did not know if I would go on with this because I was busy and I did not be wanting to waste her time.

And the thing is, I worked as a professional engineer for 43 years and I know all about time, management, and organization skills. But it is one thing to know things and it is another thing to implement it right? So, you can have all this head knowledge. But if you do not apply it, it is worthless. And the other thing about knowledge is that if you do not apply it, it just builds up in your head to it gets overwhelming.

And so, the process of the week-by-week meetings was very beneficial! It took me back to my workdays where we did monthly appraisal meetings, where you would set goals, and there would be accountability, knowing you must achieve them. So, when I find myself getting a bit lost and bogged down, I would look at the list and focused on what I needed to do.

Sometimes you might be tempted to think you are too busy to stop and write down lists, goals, and objectives. You might say I have too much work to do, but it is like the guy dropping down the tree with the blunt axe, right? An observer came up and said why do not you sharpen your axe, and he said I do not have time I am too busy. Of course, the reality is to sharpen the AXE, yes you must stop work momentarily but once it is sharp you will come back with far greater productivity and surpass what you would have done if you had not stopped and sharpened it.

And so, with coach Chantelle she gave some very insightful observations to guide me down a better path. The thing is other people can see things in you that you don't see yourself unless you do deep reflection, but Chantelle was good at identifying weaknesses, and helped me to identify where I needed to work on things and also working on the mindset and the spiritual side of things.

And most importantly, on the spiritual side, because in my case Jesus is Lord, and He is the rock and foundation. If I do not build things on him, it is not going be solid. The storms and trials of life will come and blow it away. I was not spending as much time in my faith as well as should have. And she was encouraging me to spend more time there.

She helped improve my mindset and outlook on life. My productivity has really been improving. Now it is not where I want it to be, but it is a lot better! It is always easy to slip back into old habits and so it is an ongoing process. So, I want to give a big thank you.

And if you will listen to this, and you are thinking about considering Chantelle, I highly recommend her.

Regards Kev McGoldrick
#coachkev

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