

Feedback on the seven-hour Weaver Way programme

Client identifies as male and is 18 years old

When I first started this coaching programme, I honestly didn't think I needed it. I already considered myself quite self-aware, I knew roughly where I wanted to go in life, and I didn't think there was much that coaching could tell me that I didn't already know.

I was wrong.

From the first session, what stood out was how natural everything felt. I expected something quite formal and structured, but instead it felt like having a really interesting conversation with someone who genuinely listened. I never felt like I was being analysed or judged, and there was never any pressure to come up with the "right" answer. The relaxed, conversational style made it incredibly easy to open up and think out loud, which is where I found most of the breakthroughs happened.

One thing I really appreciated was how the sessions were led by me rather than being a rigid programme. I was gently guided in the right direction, but I always felt like I was discovering the answers for myself. Sometimes an exercise seemed quite simple at first, and I wondered what the point was, but by exploring it in more depth together, patterns and insights emerged that I genuinely hadn't recognised before. By the end of each session, everything came together and made complete sense.

The coaching gave me a much deeper understanding of myself than I expected. One of the first things it helped me do was let go of a regret I'd been carrying for years about giving up piano. I'd always felt like I'd wasted that opportunity, but through our conversations I realised that nothing had been wasted at all. I still have plenty of time if I want to start again, and the time I'd spent doing other things had value too. It sounds like a small thing but letting go of that subconscious guilt and "fear of missing out" has genuinely changed how I look at my past.

The DISC work was probably the most impactful part of the programme for me. It completely changed the way I think about other people. Instead of assuming someone

is approaching a situation the wrong way, I now understand that they may simply have a different personality style. I've already found myself using what I learned in everyday situations with friends and in difficult conversations, and it's helped me communicate in a much healthier and more understanding way. It's one of those things that I know I'll carry with me into university, work and future relationships.

What I also loved was how practical the programme became as it progressed. It wasn't just about understanding myself—it was about applying what I'd learned to real life. The interview practice, discussions about future career paths, personality profiling and communication strategies all gave me practical skills that I know I'll use going forward. Entering the "real world" feels much less intimidating now because I have a much clearer understanding of both my strengths and where I fit.

By the end of the programme, I realised the biggest lesson I'd learned was not to sell myself short. I'm much more optimistic about my future, kinder to myself when things don't go perfectly, more confident in putting myself out there, and much more willing to try again if something doesn't work the first time. I also have a much better understanding of how different people think and how I can adapt my communication without losing who I am.

Another thing that made a huge difference was how flexible the sessions were. If something really resonated with me, we spent longer exploring it. If another activity wasn't as relevant, we moved on. Nothing ever felt rushed or forced. The homework, notebook and activities between sessions also kept me reflecting throughout the week, so each session felt connected to the last rather than being a series of separate conversations.

Looking back, I can honestly say I got far more out of the programme than I ever expected. I started thinking I didn't really need coaching, but I finished with a much better understanding of myself, more confidence in my future, practical skills I can use every day, and a healthier perspective on both myself and other people.

The biggest strength of the whole experience was the coach herself. Her friendly, genuine and conversational nature is what makes the programme so effective. She has an incredible ability to make you feel comfortable enough to think openly, challenge your own assumptions and come to your own conclusions without ever feeling pushed

or judged. It never felt like an interview or a series of exercises—it felt like a conversation that genuinely helped me grow.

I would absolutely recommend this coaching programme to other young adults, especially those who think they don't need it. I was exactly that person, and it turned out to be one of the most valuable experiences I've had. I genuinely believe everyone can benefit from understanding themselves better, and this programme gave me insights, confidence and practical tools that I know I'll continue to use for years to come.