

Feedback on the monthly coaching over a year

Client identifies as female and is 35 years old

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I really didn't know where my life was going. I was working with horses in low paid jobs, I'd left school with poor GCSEs and I honestly didn't think I was capable of much more. I was also in a relationship that wasn't very good for me, although I couldn't really see that at the time.

It wasn't that Philippa ever told me what to do because she didn't. She asked questions that made me think about things differently. Sometimes I'd leave thinking, "I never thought about it like that before." She allowed me to see possibilities that suddenly felt do-able.

One thing she always came back to was purpose. She would ask me why something mattered to me or what sort of person I wanted to become. At first I didn't really get it because I thought I just needed a better job. But over time I realised that if you really know what matters to you, the decisions become much easier.

I remember Philippa talking about life being made up of lots of different threads. Some are good, some are difficult, but they're all part of your story. That really stayed with me because I'd spent a lot of time feeling embarrassed about not doing well at school. She helped me see that where I'd started didn't have to decide where I'd end up.

The biggest thing she gave me was time to think. Life is busy and it's easy to just keep going without ever asking yourself if you're heading in the right direction. Every month I had that time to stop, untangle everything that was going on and work out what I wanted to do next.

She never made me feel judged; she is a very kind person. There were definitely times when she challenged me though. If I was making excuses, she would gently point it out. If I was settling for less than I deserved, she'd ask me why. If I was having a moan about where I had ended up and feeling disappointed about a life choice, she was brilliant at getting me to see the possibilities. I didn't always enjoy those conversations, but they

were usually the ones that helped me the most. I think she has a very good poker face because she never once rolled her eyes at me, even when I was saying the same thing for the fifth month running.

Over time my confidence grew. Not because Philippa kept telling me I was amazing, but because she helped me do things I didn't think I could do. Looking back, it wasn't one big thing that changed my life. It was lots of small decisions that all added up. Her constant belief in me was a light I could return to.

One of the hardest decisions I made was ending the relationship I was in. Philippa never told me I should leave. She just helped me think honestly about whether it was helping me become the person I wanted to be. Eventually I realised it wasn't. Now I'm in a happy, stable relationship with someone who encourages me and wants the best for me.

Work has completely changed too. When I first met Philippa, I just thought a job was something you did to pay the bills. Now I have a career that I really enjoy and there are opportunities for me to keep progressing. I never imagined I'd say that.

The biggest surprise is probably education. If someone had told me at school that I'd be thinking about doing a Master's degree one day, I'd have laughed. School made me think I wasn't academic enough, but Philippa helped me realise that doing badly at school doesn't mean you stop learning for the rest of your life.

When I look back, I don't think my life changed because of one piece of advice. It changed because she encouraged me to keep taking the next step. Sometimes those steps were really small, but they still moved me forwards. I also like that Philippa doesn't pretend life is always easy. She never offered quick fixes or easy answers. Instead, she helped me work things out for myself and gave me tools I can use.

Even now, if I'm facing a difficult decision, I still find myself thinking about the sort of questions Philippa would ask me. What's really important here? Does this fit with the life I'm trying to build? Am I making this decision because it's right, or because it's easy? What do I value here? Those questions have become part of how I think now.