



CLIENT SESSION FEEDBACK

Confidence Coaching

4 Weeks In

What has changed about you e.g. when communicating with people?

I believe that what I have to say matters and that I need to communicate my thoughts, feelings, opinions etc. I need to let people know my boundaries by telling them what I will and will not accept. I am no longer worried about people's reactions as I understand now that this has nothing to do with me but how they are feeling at the time. I am now better at dealing with rejection.

8 Weeks In

What has changed about you e.g. when communicating with people?

I challenge my negative thoughts more now and do not play scenarios in my head so much. I say what I want to say and I am able to express myself without worrying about the other person's reaction or what they will think of me. I have learned to speak my truth unapologetically as long as I am not being malicious or harming another person.

Justine, 34

Lawyer & Social Worker

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How was your overall experience of the coaching process?

I enjoyed sharing my experiences each week, putting into practice what was suggested and challenging myself. I also enjoyed the teaching part as this was integrated into the sessions and did not seem like lecturing. Examples that were used were relevant and made me understand more the concepts. I also felt that I could speak my mind and was comfortable enough to be able to communicate openly.

8 Weeks In

How was your overall experience of the coaching process?

I thoroughly enjoyed the mix of lessons, examples and questions to help me understand the concepts being taught. I had practical tools to put into practice what I was learning which is what I need most but also theory to understand LVM/self-doubt/fear. I liked that I was able to share my experiences without being judged and I also felt listened to and valued. My fear of driving was not ridiculed as was often the case but was instead picked apart in a helpful way to help me overcome it as it is holding me back.- *Justine, 34, Lawyer & Social Worker*

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How do you feel about life now compared to previously?

I feel a lot more positive. I have also stopped beating myself up about past experiences, expecting too much from people and living in fear of rejection. I've also learned to stop wasting time on things that do not bring me closer to my goal and now I have more time to do things that i love. I feel more capable of achieving what I want to in life and it has also allowed me to pursue my dreams and aspirations and also to really think about what I want out of life.

8 Weeks In

How do you feel about life now compared to previously?

It's what I make it and it is about what I want not what others want from me or for me. Things do not happen to me but for me and it is about how I view/handle what I experience. I do not worry so much about people looking at me or assuming what they are thinking of me.

Justine, 34,

Lawyer & Social Worker

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