

30 September 2005

566 St Kilda Road

Melbourne VIC 3004

Dear Poppy,

Since our first meeting my life has changed dramatically. Meeting you was the turning point in my life.

When I came to see you I was shy with held a lot from others, didn't like my job, and found it hard to wake up in the morning. Despite this I possessed an inner knowing that there was more to life then what I was experiencing.

Over the 6 months which you coached me and had direct access and support I saw who saw and you related to me as the magnificent capable of anything, person I was, but didn't always recognise. During the time I was coached by you I realise and create my most personal dreams and aspirations.

You helped me to set goals, overcome limiting beliefs about myself and the world, and enabled me to find the motivation inside to get things done. I transformed the way I communicated with people at work and at home. I also developed healthy eating habits, and an acceptance of myself and the world around me. It was then I began to see the leader inside myself.

It was through the coaching with you that I developed my life purpose, an area I prior hadn't considered. The way I was honoured as a person and my intrigue with the coaching profession itself, set the foundation for the amazing life I now live.

During my coaching journey I decided to take up life coaching as a career and developed the courage and skills to leave my job in Interior Design. I have also taken on a leadership program which will enable me to become the leader and public speaker I now know myself to be.

Thank you for your support.

Caroline Kasputis

Designer

Ashwood