



NEW START Life Coaching and Personal Development

June 2005

Att. Poppy Pavlides
566 St Kilda Road
Melbourne VIC 3004

Hi Poppy,

I just wanted to write this letter of thanks to you for Coaching me and also for teaching me how to be a coach. I realise now how important it is to be coached in order to become an effective coach.

The difference this has made in my life is just unbelievable and I know that the difference has been from coaching. When I first came to you I thought I had things together, but it didn't take long to work out that I really did have some things that I had been carrying around for quite a few years, that I didn't need to carry. The coaching process allowed me to be able to let them go in a safe environment and become the person I am today and I am keen to be able to give as many other people as possible the opportunity to be able to do the same in their life.

My reason for learning how to be a coach, as you know was to give me better skills to allow me to be a more effective Team Leader in the large Corporation I was working for, as I thought that was where my future was. After learning how to be a coach I realise that I had found what I had been searching for, for more than 15 years. I still work for that company, but am now working on building up my own business so that within the next 12 months, I will be able to do nothing but coaching and will be able to fulfill my purpose of helping as many people as I can to find themselves and love themselves for the beautiful people that they are.

It seems unbelievable that I can go from one extreme of never having studied anything since I left school nearly 30 years ago, to now always being driven enough to want to study as much as I can about Persona Development and the techniques used by all of us that we are not necessarily aware of. Thank you for waking the sleeping giant.

It is difficult to explain the joy I get in helping other people move on in their lives, the same as people have helped me to move on in mine, but it is one of the most rewarding things I have done and anticipate I will be coaching for a very long time as I have found something that I am passionate about.

Thank you for teaching me the things you have taught me, and for your patience and care as I travelled my journey of discovery with you by my side. I will forever be thankful to you for helping me to change the destiny of my future.

With Love and thanks

Dianne Burton
New Start Life Coaching