

December 2004

Att. Poppy Pavlides
Kickstart Coaching
566 St Kilda road
Melbourne
VIC 3004

If you are thinking coaching, this message is for you.

It's an old cliché but it's the most significant component of life coaching that you will experience – “it's not the destination that is important but the journey that counts”.

Initially skeptical, I certainly had no concept that my experience, and ultimately my journey through the one-on-one program with Poppy would be so intimate and confronting. Despite this however, the program has taught me to live in the moment. It isn't about someone telling you what to do and how to do it, but rather, it's about a guiding hand, assisting you to learn and understand about who you really are. Although I was already a confident person, coaching with Poppy has made me understand more about who I am and has consequently allowed me to go after my personal and professional goals with no reservations.

My career is on track, my personal life is thriving and I've never been more in control of my destiny!

If the opportunity presented itself, I would certainly suggest life coaching with Poppy and KickstartCoaching.

Nardia Streat
Project Coordinator