



Just Women
March 2009

What was fantastic?

'Everything you said made sense - you are inspirational.
One of the best talks I have ever heard!!!'

'Manner of speaking - lovely'

'The lively compassion'

It was really helpful to realise how important we are - ourselves. Great interaction too.'

'The whole thing'

'Content, atmosphere, wonderful company and light hearted.'

'Delivery of the workshop, energetic and interesting.'

'Delivery of talk and content'

'The coach!'

'Enlightening - positive thinking, can do approach'

'Embracing positive thinking and talk as a reflector of self.'

'Good story telling. Kept our attention. Honest and great humour.
Got message across very well.'



'Really inspiring and confidence boosting.'



'Interacting. Accessible style/approach. Really great seminar - you opened my eyes to the way I feel about myself!! (now I can become more positive)'

'Concise, well presented, good presentation skills, held my interest and attention well. Good top tips, easy to remember and use'

'The whole workshop. Great ideas/information which I needed. Presented very well.'

'THE Confidence booster!'

'All of it! Brill speaker'

'How you made us feel at ease.'

'Practical, empowering content. Enthusiastic presentation. Positivity!'

'EVERYTHING!! I really enjoyed it.'

'Interaction with everyone. Empathy. Making it enjoyable. Taking you out of your comfort zone.'

'Everything. Made me see how I perceive myself. Inspirational'

'All of it. Humour, sensitivity - hit the exact spot'

'It just really made me think'

'Written/verbal exercise. Story telling'

'Everything. Thanks'

'Content and exercises'

'The way you spoke made us feel like individuals sharing your personal time. Thank you for a very interesting workshop. I will take home what you said and value myself and family supporting them in their lives too. Thank you again. X'

'Confident, believable, achievable delivery. Your honesty about yourself made it real and achievable for me to change too'

'An ordinary lady with ordinary problems showing you how you can change!'

'Very inspiring speaker. Food for thought'

'Your enthusiasm, bubbiness, energy and zest for life. The practical ways of explaining'

'It was empowering and inspiring'