

## Testimonials

### One to One Coaching

Joyce coached me for 6 sessions as part of my own coach training. Joyce has many of the excellent traits you would look for in a coach: warmth, empathy, a good listener, the ability to challenge appropriately, ability to motivate and push you outside of your comfort zone. I learnt many things about myself and feel more able to achieve a range of long term goals I have set myself. I can recommend Joyce as an excellent coach who is caring and professional  
*Steven Lane*

My coaching experience was very worthwhile and enjoyable. I have made improvements in all areas of my life and feel more confident and self assured. Joyce inspired me to take actions and achieve all of my set goals. I highly recommend Joyce as a professional coach.  
*Susan King*

Working with Joyce was a pleasure - so much changed in my personal life throughout my coaching journey but Joyce kept me focussed and on track towards my goal. I was left with a clear plan about what I need to do next and a huge sense of achievement about how far I'd come over the course of our sessions together.  
*Louise Barker*

I found the whole experience rewarding and worthwhile. Joyce facilitated the sessions in a professional and focussed manner while remaining sensitive to my changing needs and requirements. I particularly appreciated to focus on process and clarifying as well as how to realise the overall goal. I would be delighted to recommend Joyce to other potential clients.  
*Thomas A Birrell*

Joyce enabled me to explore what has true meaning in my life. I feel empowered to face my future with clear direction and renewed focus  
*Figen Murray*

## Mentoring and Group Work

Joyce McQuilken has been providing me with stellar support for quite a while now and I can't thank her enough for it. Her approach is always professional and personal ensuring highest standards of professional practice. Start Here! - you can't go wrong!!!

*Anya Louis*

Easily the most enjoyable course I've attended, (and I've been to lots). Good to be able to look at life and take stock and with the aid of Joyce's guidance, move forward more positively. Genuinely life enhancing.

*Mary Ross*

This class has been life changing for me. I felt completely lost and had no direction in where my life was going, low self esteem and confidence. The class and tutor has helped to keep me focussed and opened doors that I thought were closed.

*Fiona*