

**Rebecca,**

## **Feedback from a Student**

### **What did you like about our sessions?**

From the very first session with Denise I felt so relaxed in her company. I felt really comfortable to open up and be honest about myself, and I loved how every session I felt like I was going to see a friend rather than a coach.

### **Do you have any ideas or suggestions on how I could improve my communication or the way I work with you?**

Not at all, I really enjoyed your chatty, informal approach and also how patient you were when I was running at least 15 minutes late for each session. And the fact that you understood what I was like, you just took it for who I was.

### **What has been the key learning point for you?**

I really enjoyed finding out things about myself that one doesn't necessarily think about. You just take it for part of your character. I particularly enjoyed finding out aspects of my personality, i.e. I'm balanced between an extrovert and an introvert, meaning there are times when I just want to socialise and others when I just want to spend time to myself. Most of all, I was fascinated finding out about **why** I'm like what I'm like and **why** I do things. By doing the psychometric testing I understand so much better and now knowing in detail what suits me in every aspect of my life. I no longer shy away from the daunting prospect of what I will do in the future, but know I will be able to make confident decisions wherever my life takes me.

### **What action do you intend to take next?**

Look into gaining some good work experience to help me discover what degree to take at university after my diploma course.

### **What might you say to others about this programme?**

It is a journey of discovery; you make many fascinating realisations about yourself along the way. The knowledge you acquire will benefit you for the rest of your life, as for me I have found the programme invaluable in making decisions about my future degree course at university.