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Dear Nickolette

My coaching journey with you has been phenomenal. It has helped me in my personal and work life.

- Its made me more accountable:

I know you always say I give you too much power, but I kept thinking about what we discussed and tried to implement it, so I could report back to you.

It forced me to show up each Friday at a higher level.

- Time is my greatest resource.

With the coaching I found my hour per week saving me countless hours of wasting precious time on contemplating my way forward, where as , with with your navigation, I managed to quickly get my thoughts and plans in order.

- New Ideas

You managed to make me see how people and personalities in my workplace were playing out and how I could manage different situations with new innovative approaches that were acceptable to all.

- Insight into myself

Sometimes it helps to have someone reflect back to you. Simple things like reminding me that my ideals in life are noble and true and that I base all my decisions on that alone and that I will never compromise my commitment to excellence and the greater good. I knew this, but it was great to have it articulated.

Also, that I can maintain my high principles without people taking advantage of me.

- Improvement in my self confidence

At one of our latter sessions, you noted: “You are positively glowing, strutting your stuff in your slim new body!

You made me aware that I can achieve my goals without spending money on extraordinary clubs, or diets, or pills. I just needed to believe in myself.

You helped me identify my strengths and weaknesses.

- Clarity

You helped point out the important things to me and helped me to assess situations at work. I probably knew the problems and potential problems already, but you made them clearer. You pushed me to admit certain things... your favorite question being: "So what?"
"And then" "But why"

I appreciate your challenging nature. You listened to me and pushed me to think about so many issues.

In summary I would recommend your services to anyone who is willing to improve their lives.

Yours Faithfully

Dr. Fahmieda Rasdien