

Testimonials

Some recent testimonials from:

Individuals who have worked with Mpowerme

I now believe I can have the life I want.

N Murphy - Winchester

A true eye opener, there are things I learnt about myself that I did not know before.

Ruth S - Brighton

Thank you so much Janet, I really enjoyed the session yesterday. It made me re-evaluate my work and home life.

Whitfield - Winchester

This course has changed the way I think, it has made me feel that it is possible for me to achieve anything I want. I liked the way we covered things in blocks. It gave me time to think about the class and what had gone on in it.

Finney N - Brighton

It made me think differently and I feel better in myself and more able to cope with things. The course is very relaxed and friendly, well planned and presented.

Kipti N - Brighton

The most drastic change, for me, has been internal, I am now able to act towards my goals confidently, make and respond to changes in my life positively. I feel that there will be tangible results.

JB - Southampton

Life coaching sessions with Janet gave me the ability and enthusiasm to improve, expand and enjoy life and all the changes it brings.

Julia S - Southampton

My work/life balance was all over the show - problems with ill health added to feeling down, especially when the pressure piled on at work and I felt too shattered to cope with life at home and living with teenagers. Janet has been such a source of inspiration, her mainstay was in helping me set targets and reach personal goals. I now find the energy to get things done, which in turn gives me the energy to enjoy life, get fit and look forward to the future. Learning to say 'no' and prioritise some things I wanted to do has made such a difference to me.

Sue B - Southampton

This course helped give me understanding of goals in life and having time and confidence to achieve them. It has personally helped me to plan out my life.

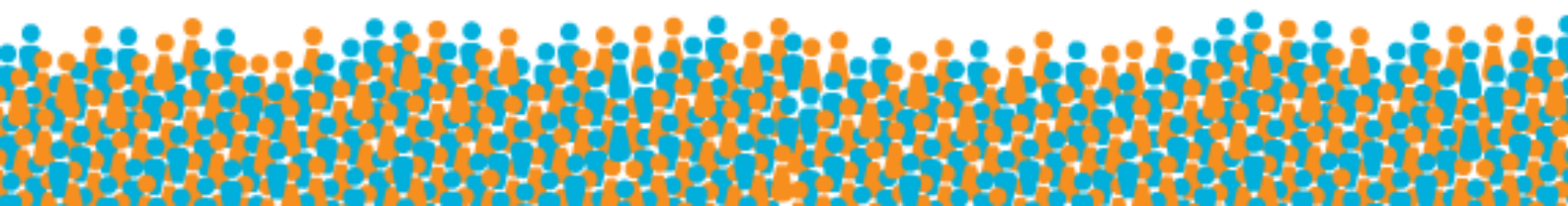
Melissa Eden - High Wycombe

This life skills course has helped me to Learning to be more open minded, seeing my life in a different way, it has personally help me to be happier in myself.

Halima Zeb - High Wycombe

I attend this course to understand myself better. I found it most useful to learn about values and it has personally helped me to understand others better.

Paula Sharman - High Wycombe



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Some recent testimonials from:

And organisations who have worked with mpowerme

This course covered a wide range of issues relating to personal development, and provided valuable information that attendees could readily use at home and in the workplace. The course was presented in an interesting, clear and informative manner, and received excellent feedback from all those that attended, with comments such as 'very valuable', 'best training event I have ever been to' and 'well beyond my expectations.

E Marshall, Customer Service Operations Manager, Jobcentre Plus, Southampton

Janet has helped the University develop a challenging training programme for Jobcentre Plus, which aimed to improve the management of time and stress in the workplace. She delivered an exciting, innovative and inspiring training day, which was enjoyed and appreciated by all delegates. This event proved to be one of the most successful organised by the University and is highly recommended to other organisations.

Anne Carty, Community Projects Manager, Southampton Solent University
www.solent.ac.uk/ceo

Without a doubt, our students have the advantage of knowing a lot of concepts and facts when it comes to business. However, these alone are clearly not sufficient when they take that brave leap into starting up their own company - with all its attendant risks and rewards.

Janet's unique style and motivational techniques have helped each one of them to identify their own personalities, skills and motivations; and shown our young entrepreneurs how they can tap into these when aiming for commercial success.

We know first hand that Janet's input really has powered some of our students into the successful creation of sustainable businesses.

As a valued training supplier we would not hesitate to recommend her motivational services....'

Stephen Brown, Enterprise Projects Manager, Southampton Solent University
www.solent.ac.uk/ceo

The discussions during the staff training day identified strengths and weaknesses within the organisation's structure and management processes, and the information gathered was extremely valuable. This information has now been collated and is supporting the re-structuring and organisational development currently taking place.

Jane E Smith, Director of Projects, Hampshire & Isle of Wight Youth Options
<http://www.youth-options.org/>

Janet undertook a project with City College to work on esteem and efficacy issues with young female students who were in danger of leaving their programmes of learning. She was very well prepared, engaged successfully with the students and provided useful recommendations.

Martin Simmons, Director of Curriculum, City College Southampton
www.southampton-city.ac.uk

