

PUJA K MCCLYMONT

CLIENT CASE STUDY & TESTIMONIAL

What Challenges Was The Client Facing?

- Frustrated at work and home
- Self-resentment for not achieving goals
- Feeling trapped and not knowing what I want from life
- Strained relationship with husband and children
- Feeling physically/mentally exhausted, short-tempered and anxious
- Procrastinating, having inner conversations with myself and not being able to turn this into any meaningful actions

How Did the Client Overcome The Challenges?

- Patience with her young children - I have always loved my children and husband but this programme has given me the tools to feel this love every single day like I have never felt before.
- A sense of calm in her personal and professional life: To understand what I really want in life, to find joy and reach fulfilment - by clearing out external distractions and making time for herself and what matters to her, we have been able to focus and explore what Priya would like from her life.
- Feeling optimistic about the future - Finding new clients for a side business that I've been working on - by cultivating her desires, she is now passionate about work again.

The Client's Testimonial

"Before working with Puja, I felt stuck and didn't feel any joy. Life was happening and I wasn't embracing or enjoying any part of it.

I started working with Puja to understand what I really want in life, to find joy and reach fulfilment. In the coaching sessions, we were able to explore what I want from life and I'm now feeling optimistic about the future.

I have always loved my children and husband but this programme has given me the tools to feel this love every single day like I have never felt before - this really exceeded my expectations because when I first started coaching, I couldn't see the light at all and almost felt like this wouldn't be possible.

Since coaching with Puja, I've been able to achieve 1. Patience with my young children 2 .A sense of calm in my personal and professional life 3. Finding new clients for a side business that I've been working on.

She has these magic powers (it's the only way to describe it) where she can tell when you're not being honest with yourself, call you out kindly and then help move you through it."