

PUJA K MCCLYMONT

CLIENT CASE STUDY & TESTIMONIAL

What Challenges Was The Client Facing?

I lack consistency and tend to give up quickly if I don't see the results I am looking for because I am an impatient person to begin with. I feel a bit unmotivated and lost with direction at the moment. I have so many ideas and goals but feel overwhelmed at how to tackle them best. I feel that this leads me to easily get lazy and distracted and then it's a downward spiral from there. I am good at making winning plans and strategies for the companies I have worked for and for family and friends in need but when it comes to doing it myself, I really struggle.

How Did the Client Overcome The Challenges?

- **Clarity:** Teresa had a number of ideas for her career and life in general but wasn't able to commit to anything due to old stories of safety. We built her confidence and she knew exactly what she wanted from her life.
- **Focus:** By creating a strong foundation of wellbeing and good habits like walking everyday, Teresa has been able to stay on track with her health goals which has contributed to managing her anxiety better.
- **Inner-work:** By healing from past trauma she has identified what has held her back from what her heart wants.
- **Stress:** Teresa is better able to manage stress by creating boundaries with her generous personality without feeling guilty and by using guided meditations to maintain calm.

The Client's Testimonial

"Working with Puja has been an absolute godsend for me and especially at a time in my life where most things felt out of place and upside down. I first began to work with Puja on a 1:1 basis for coaching as I was looking to uncover my true purpose and search deep within my heart to once again rediscover what was really important to me. After so many years of feeling burnt out from working in the corporate rat race and making myself small just so that I could 'fit in' to places and people that were not meant for me, I was able to finally navigate into a place of peace and clarity which was very liberating

Puja helped me not only to manage toxic relationships both in and out of the workplace, she gave me the tools and guidance to tackle this for life. As a result, I slowly rediscovered my confidence and finally felt energised again because I was able to better manage how and who I was investing my personal energy on. It also became very clear to me that it was finally time to let go of past self-limiting beliefs and finally pour my heart and soul into my true passion, my very own jewellery business.

However, the most LIFE-CHANGING part of my journey in working with Puja has been the healing work. This is where all the magic happened and I was really shaken to my core. This was a true healing journey for me. I didn't know I needed this until I was knee deep in the work and it made me realise just how disconnected I was from my true self and miles away from what really set my soul on fire. I am not the same person I was before I met Puja and I am in awe even today to think that so much has changed within me in such a small period of time. Puja has this really unique

way of working with you that I struggle to put into words. She is blessed with an intuitive ability to read people and offer really bespoke and personalised support. She is always there for me with support and she truly is a genuine and beautiful soul. I would 100% recommend working with Puja to anyone out there who is feeling a bit lost or feels like they have lost their spark and is looking for a safe place to come undone and rediscover true peace, clarity and joy.”