

# PUJA K MCCLYMONT

## CLIENT CASE STUDY & TESTIMONIAL

### What Challenges Was The Client Facing?

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1. Work life balance - working every evening on new business, with 2 young kids
2. Ability to focus & do good/deep work
3. Stress levels/anxiety (massive fight or flight mode, even when making lunch, or at worst reading to kids)
4. Acne
5. Lack of exercise/weight

### How Did the Client Overcome The Challenges?

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- More balance: By identifying guilt-free time and using it to be with the children or herself on a daily basis.
- Delegation: Accepting support to help with running her business and her health goals.
- Calm: Addressing limiting beliefs by reframing her mindset so that she could now live life without old stories.
- Inner-work: By healing from past trauma and not being defined by it.
- Purpose: Creating purpose in her complete life by identifying what is important and doing more of that.

### The Client's Testimonial

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“Before working with Puja, life was busy and more focused on getting by than living. Before starting the programme, my only hesitation was that I had never done anything like this before. I was apprehensive because I wasn't sure what to expect or whether I would feel comfortable sharing anything, but after the discovery, I knew it would be easy to talk to Puja, she made me feel at ease right away.

I've been working with Puja one-on-one for a few months now and I had just learned that my life experiences had created certain characteristics that I could say no to. I wanted to live my best life and during this programme, I found the healing process I went through with the heart meditation, absolutely incredible.

So much has exceeded my expectations. The meditations. The revelations. The joy I've felt since :). Since doing this programme I have been able to organise fun stuff with my family that has been SO great and with plans for more.

If you're feeling hesitant to work with Puja, take the plunge. I struggle to articulate how life-changing it has been working with Puja. I wanted to stop feeling jittery/ anxious and have better focus which I have achieved but also, I have been left actually FEELING the love that I have for my kids and husband. I was always pretty happy but I now have this amazing appreciation for the world that I never knew was possible. Writing this down has been emotional for me and I cannot recommend her highly enough!

The whole experience has been truly life-changing.”