

Awesome Lives feedback from Shellz

I am inspired! I came to your course after recently being diagnosed with Post Natal depression. You created a safe, friendly, relaxed and comfortable environment for me to come to terms with myself and explore who I really am.

Before I was happy with getting through each day with as few tears and heartaches as possible – from both me and my four month old daughter. Falling into bed each night was a chance to escape the daily chores. I now realise that this was not healthy or inspiring for either one of us. Now, with your help and guidance, I wake up refreshed, energised and looking forward to each day. Bedtime now is a chance to look back on the day and be proud of all that I've accomplished!!

A lot of what you've shared with me, such as The Law of Attraction and The Virtues Cards I already knew about – yet I had never pieced it all together. You showed me that even the smallest changes in my thinking can have huge consequences in my life and my environment.

I have grown in confidence in regards to my position in my relationship. I once saw myself as 'The-stay-at-home-mum' whose sole job was to look after our baby and clean the house. With your help I have realised I am still my own person with a right to spend time on myself and not feel guilty about it.

Since doing your course I have recognised that I am my own best friend, and my self-esteem has sky-rocketed, resulting in me proposing to my partner and him accepting!

My confidence has also grown greatly in my ability with my daughter. I have realised that how Teigan and I were existing was not 'in-sync' with each other. I have been able to see her as a human being with rights rather than a baby who only has needs.

My idea of what being a parent is has also changed. I used to think that it was up to me to teach my child all the good qualities that she'll need as an adult. With your help I now realise that she was born with all those virtues and it is up to me to help her understand and develop what she already knows.

I have noticed an incredible change in my own energy and vibes as well as in my relationship with my fiancé and daughter. I honestly believe that this would not have been possible without the work and effort that you have put into designing and running this course.

Your course came at the right time and was just what I needed to rediscover the joy of life and get myself back to really loving life again.

I now have the power to choose my own destiny and create my own path to get there. I look forward to the journey ahead of me with anticipation and excitement rather than fear and indecisiveness. I know that it's going to be hard to keep my thoughts and actions on track but I vow to never regret any decision that I make. All I have to do to get me going again is to picture you and your red hair with your matching vibrant energy and know that everything will work out.

From the bottom of our hearts, we thank you

Shellz