

"I didn't realise it at the time, but emailing Julia in 2012 was to be a turning point in my life, and the best decision I have ever made. I found her quite by chance – her website popped up in a Google search. During my many years of struggling with depression, I put on some extra weight, and despite several years trying to lose that weight, I was unsuccessful. I contacted Julia to see if she could help me to discover why I kept sabotaging my weight-loss success.

In my email I explained a little about my life's journey – after about 10 years of therapy with a variety of psychologists, psychiatrists, and counsellors, I felt I had pretty much got my life sorted, but just needed her help to shift this weight; I felt that this was the last thing I needed to do to be completely happy.

After only one or two sessions with Julia it became clear that my inability to lose the last of my excess weight was just a symptom of a much larger problem that was affecting my life in virtually every way: very low self-esteem. Although I had thought I was fairly happy and quite satisfied with my life I realised that I was actually just "existing", going through the motions, in a relationship and job which did not fulfil me.

Until meeting Julia I hadn't ever really asked myself what I truly desired from my life; I just lived day to day, grateful that the life I had was better now than in previous years, and never even considering that I could or should expect any more than that.

I hadn't realised that the times that I felt like my life was out of control – like I was being swept downstream on a raging river, struggling to avoid colliding with rocks, and desperately trying to keep my head above water – were not just symptoms of my depression, but were feelings brought about because I was living a life which was not in line with my inner-most desires.

Over the next 12 months or so I continued to see Julia regularly as she helped me learn to love & value myself, work through difficult decisions that needed to be made in order to promote positive changes in my life, and learn skills to re-programme negative and limiting self-beliefs I had carried all my life into ones of positivity and strength.

After I mastered the techniques she taught me, I was able to stop seeing Julia and continue my journey of growth on my own. I still go through difficult times, of course, but the skills I have learned from her are transferable to any situation and I found that the more I use them, the easier it becomes and the more natural it feels – they have become a way of life for me now and I can't remember a single day when I haven't drawn on the resources that are now within me: whether to make better choices, handle stressful or unpleasant situations, and create a better life for myself.

Julia has an amazing understanding of the complexities and conditioning of the human mind, and used Neuro-Linguistic Programming (NLP) techniques, kinesiology, meditation, light hypnosis and other methods, in

a kind and non-judgemental way, to gently help me re-train my old self-defeating thought processes and habits which I identified as no longer serving me.

Julia's serenity and warmth instilled a sense of calm and peace in me through even the most difficult and emotional sessions; I always felt completely supported and safe, and there was never even a hint of judgement or pity on her part.

With Julia's help I have found the courage to break free from my painful past, break through the limitations I had imposed upon myself without even realising, and unlock my true potential. The quality of life I have now is testament to the incredible benefits that can be gained from implementing the techniques Julia teaches. It is my firm belief that, if you are willing to put in the effort required to make changes in your life, she will be able to help you to become the best "you" you can be.

Her wealth of experience, both personally and professionally, means that Julia can relate to and empathise with a range of clients from all walks of life, and tailor her life-coaching style to suit the needs of any individual. I regularly share the techniques I learned from Julia with others, and recommend her to everyone I meet that feels that they could use some help to get their life "on track"; several of my friends and family have also benefited greatly from having sessions with Julia, and implementing the techniques she has taught them to improve their quality of life.

Julia is truly an amazing lady with an incredible gift – my life, and the world, is better for having her in it" – **Ally Clover**