

6 Narmbool Street  
MANIFOLD HEIGHTS VIC 3218

26 April 2002

Mr Darren Pereira  
Success Coach  
Success Integrated  
3/27 Osborne Ave  
GLEN IRIS VIC 3146

Dear Darren,

I am writing to thank you emphatically for the Self Mastery Coaching Programme you have developed for me that we have been working on together.

When I started, I expected to gain insights into how to maximise my potential, better understand how to manage my mind/intellect conflicts and to develop a plan of action to develop new, more empowering habits. I certainly have achieved that and more, and it has changed my life!

I am very aware of how I have been self-limiting and the extent to which these things have negatively conditioned me over time. I have achieved a strong sense of where I want to be, and have used affirmations to develop strong mental energy about how to succeed. More importantly, I have become a dramatically better husband and father. Our relationships have been strengthened and renewed through greatly improved communication and understanding.

Although it is early days at work, I am finding myself less critical of others and make stronger attempts to understand them before seeking to impose my own views.

I am delighted with my progress to date, but I have a lot of work still to do to make changes permanent.

I have found the coaching process challenging, frustrating yet ultimately rewarding. The plan of action exercises have ensured that discussions are not just intellectual without action. The self learning with regular discussions has helped embed some key concepts internally. The quality of our discussions has been high with great honesty, frankness and debate.

One of the things I have found most inspiring is that you care as much about me finding a successful outcome as I do. You have been always available when needed. I have never felt that I have been put through a rigid formula as the programme has been flexible to allow more time for important issues as they arise. You are unfailingly enthusiastic, say it like you see it, and have maintained the utmost confidentiality at all times.

I would highly recommend your coaching process to anyone who feels there is more to life than they are getting out of it now, but don't know how to do it.

Thank you for your help and support,

A handwritten signature in black ink, appearing to read 'Philip Hodgson', written in a cursive style.

Philip Hodgson