

## Happy Clients Testimonials ☺

"I have lost 10 kilos and now have the energy to play with my kids. Thanks Kate for you support/guidance and helping me get rid of my limiting beliefs. I feel I can achieve anything now! The sky's the limit"

Lisa, Mosman

"I had always wanted to start up own café however every time it came to putting it into practice I would procrastinate and not achieve anything. I became overwhelmed with the whole process and never achieved anything. Kate put it into bite sized chunks and helped me to set small achievable goals. I am now a happy café owner."

Nina, Double Bay

"Kate has helped to change my life around in all aspects. I would have been lost without her. Thanks Kate for your professionalism, support and guidance."

Bianca, Cremorne

"I was so busy with kids, work, and my husband I lost who I was. Kate has helped me find the person I am again."

Sarah, Chatswood

"When I started with Coach Kate, I didn't know anything about coaching. I called her because she helped a friend of mine make a career change that was a perfect fit for her. I had the opportunity to make a change too and did not know where to start. I am now in a job that I love. I would recommend Kate to everyone."

James, Texas America



Life Coaching and Meditation Centre of Excellence is a professional service that can help you achieve the goals that you are looking for in Life Coaching, Meditation, and Yoga/Pilates.

If you are ready to take your life to the next level and would like to know more, please contact us.

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### Free Introductory Life Coaching

Phone/Skype session - 20 mins

(To see if coaching is right for you)



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### Life Coaching



### Meditation



### Yoga/Pilates

