

Wow, at the start of Mikal's mentoring programme, I was a very depressed person who felt like I was chasing my tail around and around and getting nowhere. I was wasting money on purchasing things I didn't need to make myself happy and was frustrated with life to a point that I wondered if life was worth living. I felt I wanted to be at the top of an empire and then I would feel fulfilled and happy. Boy was I wrong.

Throughout the course I have learned to trust in myself and the type of people I need in my life personally and professionally. I can now understand why I am like I am and now work with it, not fight against it and feel embarrassed. I know how to deal with my emotions and have new life tools to cope with the ups and downs. Although I have very few of these now. Life is Bliss.

I have also started to let my feminine side show and it feels more natural. Time no longer matter as much as it used to, as by not watching the clock I have more time to do what I need to.

I can now see why people do what they do and my awareness has increased tenfold. Instead of taking other people's problems on board I let them sort it out with a little advice from me.

My eating habits have changed and for the first time in years I no longer live on energy drinks to get through the day and now drink lots more water. I feel confident about the future, no matter what it brings and trust that I will find the right path. I can see it's not about what I have, it's about how I feel and these 9 months have completely changed my life for the better. I feel motivated and inspired. Life is bliss and I can't wait to see what happens next. Thank you Mikal, you're an amazing person.

*Karen Silcock, Christchurch*