

9 September 2021

Dear Mikal,

I want to say a massive thank you for your guidance and care you have shown to me over the last year. Showing up weekly or fortnightly was a big struggle, and I really had to push through my saboteur language going on in my mind.

I now have a lot more awareness and the tools to deal with this and all the other areas of life where the chatter shows up.

I really enjoyed our 3-day retreat. It was a great way to consolidate some of the learning and really shift up gears on personal growth.

The positive changes in me regarding my leadership, parenting, relationships and how I view the world have been profound and have left lasting impressions on my soul.

Yours sincerely,



Ray Sale

Director