

Neil has asked me if I would put together a little summary about the journey we have been undertaking together over the last 8 months. With pleasure!

I started Neil's Authentic coaching in Oct 2007 – my intent was to find out how to become more happy in my professional life.

Here is a quote from a paper I wrote for kicking off of the phone coaching:
My professional life has been with several blue chip FMCG and media companies. My job takes a lot of energy and it usually does not give back inspiration or true satisfaction. I often cannot identify with the jobs or projects as they lack meaning for me personally. In my spiritual and private life I am quite clear about my passions, interests and direction; on the professional side I have no idea about my purpose or what I care about enough to provide meaning.

I am rather materialistic knowing that jobs give financial security and pay for a good standard of living which I am very fond of and currently not ready to do without.

So, today in May 2008 after 8 phone coaching sessions with Neil this is where I stand:

- a clear idea about purpose and meaning for my professional life
- a new, very exciting job I am going to start in Summer 2008 that brings together my purpose, my abilities / strengths – and a good life style (Lesson learnt: you do not have to compromise! Just commit to what you truly do and like best and be open to what comes your way!)
- so much confidence about who I am and how I can be truly “me”
- a real breakthrough on many pre-conceived fears and conditionings leading to a more open and trusting mindset
- a growing notion of feeling connected to others and everything around me.

As you can see the process of finding happiness and meaning in my professional life has had great influence on my private and spiritual life as well as my personality. With the paradigm shift that has started with the coaching programme many aspects of my life have started aligning and it is a very joyful and challenging experience to continue this together with Neil.

During the last 8 months Neil has been an invaluable important facilitator who has offered constructive and convincing advice and direction on a broad spectrum of questions ranging from professional issues, practical lifestyle, spiritual challenges or relationships. I appreciate his very clear and honest way of thinking and communicating combined with his supportive and loving personality.

Looking back, the development of the last 8 months would not have been possible without Neil. He enabled this development by working with me on the fears and pre-conceived ideas that held me back and has accelerated my development by continuously giving direction.

To me, the phone coaching has been the optimal form of coaching:

it's all about me and what the current situation requires
it's easy and flexible, nothing much is needed (time, equipment, travel)
1 hour of quality time every 4 weeks for in depth discussion plus unlimited email support for any questions that might come up in the meantime

Katrin Hundhausen – Hamburg – Germany