

*** What prompted you to go to a life coach?**

I recognized the power of having an external support person. I constantly found myself stuck with my goals and not making the progress I wanted to make. I knew that hiring a coach would give me the inspiration I needed to take action.

***What made you chose Malti?**

After hearing Malti speak at a conference, I found her to be very insightful and kind. I knew this was the kind of person I would work best with. Malti gave me a trial sample of her coaching, after which I hired her as my coach.

*** What specific issues did you want to work on with Malti?**

I wanted to achieve more with marketing my business, publishing articles, and get a handle on my weight loss goals. I constantly found myself stuck with these goals and not making the progress I wanted to make.

*** In what ways did she manage to help you and how did she achieve this?**

Malti has been amazing, constantly surprising me with her very efficient tactics. For example, I've struggled with diets and weight for years. Through gentle questioning, Malti helped me recognize that I blame others for my weight, and that if I want to really adopt a healthy lifestyle, I must be fully responsible for each and every choice I make towards that lifestyle. In one session, Malti asked me to list four adjectives that I would want others to use to describe me. Using these adjectives, she encouraged me to sign a contract with myself that "I am a fit, beautiful, influential and artistic woman." By signing this contract, I have been able

to acknowledge to being these things, and commit to expressing these attributes in my everyday life. Each time we meet, Malti asks me about my contract and what I've done to fulfill it. When I first signed the contract, Malti had me read it out loud several times. The first time I read it, I had trouble stating that I am "fit", because I didn't think that I was. After a few weeks working through this contract with Malti, I realized that I AM fit, because I choose to be. My actions of exercising and taking care of my health demonstrate my commitment to this personal attribute. I am fit!

In regards to my marketing and publishing goals, Malti helped me go from a monthly email newsletter for my business to a weekly newsletter, and has helped me recognize that my writing is valuable. Since I am afraid of rejection, she has helped me continue writing and gently pushes me to

find out where I can be published. I always imagined publishing articles and books "some day", but Malti has helped me realize that this is possible for me right now, if I take action.

*** Does she coach you on the telephone and if so does this make it easier or more difficult for you?**

Malti coaches me on the telephone. Since we live on different continents and in different time zones, this makes it possible for us to meet regularly and with little effort. Malti and I have developed a close relationship via the telephone and through emails during the week.

*** How quickly did you achieve results and what were those results?**

In just one month after making a contract with Malti that "I am a fit, beautiful, influential and artistic woman", and with Malti's help enforcing it and working through it, I have lost seven pounds and can fit into my jeans again, without a diet. I have also started an enormous mural in my house, after not painting for over a year.

*** Were you surprised at what you learned from the life coaching?**

I was surprised and delighted by how much I learned from having a second perspective on my life. Coaching is so much more effective than reading a self-help book or trying to take action on your own. I learned that I let myself get away with a lot when I don't have to be accountable to someone else. When I set a goal or express a desire to have something in my life, Malti asks me about it later on. Sometimes when I think I've gotten away with something, Malti will bring up an issue I talked about months ago and ask me what my progress has been. She doesn't let me give up on myself the way that I would do if I were working alone.

*** Has it changed you as a person, emotionally and spiritually, and has it changed your situation? If so how?**

I've known that I am a perfectionist for some time, but I didn't realize how my perfectionist thinking harmed me until I met Malti. Through her wonderful questioning and support, Malti helped me identify my underlying fear I am "not good enough". My fear of not being good enough drives me to overwork in order to be perfect, and with even the smallest mistake, I

tend

to beat myself up over it. Malti helps me recognize when I am doing this to

myself, and I have been able to be much kinder to myself. Overall, I feel much more peaceful emotionally. My husband has noticed the change in me,

and agreed that the cost of coaching is well worth it, as we both benefit from my improved emotional state. Malti has helped me be kinder and more forgiving to my husband. It has positively affected my marriage!

*** Are you still working with Malti? If not would you use a life coach again and would you recommend others to?**

I am still working with Malti and don't want to give it up! As I complete one goal, she pushes me to set even bigger goals. I would highly recommend coaching to others. It's such an amazing way to take control of the things you've always said you would do.

*** What would you say were the benefits to you personally of using a life coach?**

Because I know that I will meet with my coach in a week, I actually do the things that I say I will do. The accountability aspect of coaching has helped me achieve more than I would have on my own. In addition to being accountable through coaching, I feel that I have better direction now.

With

Malti, I have laid out a life plan for myself, and now take action towards getting the things that I want out of life, instead of just wishing for them.