



CAROL BARWICK

Corporate Coaching Testimonials

"Carol delivered a personal coaching service including hypnotherapy, NLP and other interventions to support those suffering from anxiety, stress, early depression or personal issues, which were affecting their ability to work. This was very successful. NHS Working with Carol on a coaching basis is a life changing experience. I left each session with more energy, more confidence in my abilities, and the belief that I could make the changes I needed. She is very motivational."

Senior Manager, Higher Education

"I have worked with thought leaders both in the commercial and academic spheres. Carol is a practitioner of the highest order solving tactical and strategic management problems and linking this to a wider talent business agenda. She helped me transform the sales leadership team to help my company gain competitive advantage and I cannot recommend her highly enough."

Chairman, Private Company

"Carol gave me a purpose and direction, this significantly improved many areas of my work, in particular motivation and confidence. The relaxation techniques were also a great help, and much needed."

Team Leader, Manufacturing

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NHS



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"Carol helped us to turnaround situations quickly that could have escalated into ill health, absences and exits from the company. She has a very unique and friendly manner, which put our staff at ease. Her approach is to understand the background issues before she works her magic with almost immediate results. We are delighted to have engaged her services on a regular basis."

Housing

"I was feeling extremely demotivated and negative which affected my confidence. When I met with Carol I felt an immediate and positive change, which was noticed by colleagues when I returned to work. I can't speak highly enough of Carol and I feel lucky to have had the opportunity to work with her."

Supervisor, Manufacturing

"Carol changed my life! She inspired and motivated me to make changes I wish I'd made years ago. I am happier, healthier and more focused. As testament to her insightful and motivational work I have clearer personal and professional goals, and my working and personal relationships have significantly improved. A true professional, at the top of her game."

CEO, Housing

"I attended the coaching with Carol with low expectations but an open mind. She is truly exceptional and has a gift. I wish I had met her 3 years ago. Ten out of ten. I've remained at work and cope well now."

Manager, Manufacturing



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"Working with Carol on a coaching basis is a real life changing experience. I have so much more energy and confidence with regard to my abilities. I would not be in the positive place I am now if it wasn't for her. She is very motivational and I left each session with the belief that I could make the changes I needed to."

Manager, Higher Education

"I can now maintain a greater level of control over my stress levels because I remind myself of the feelings of calmness & self-assurance you instilled. Thanks again for your support, guidance & advice, which was nothing like I expected. It was much more eye opening than anything I've experienced before. You have a definite convert in me (even if I was cynical to begin with!)."

Quality Manager, Manufacturing