

## **SUCCESS STORIES -Australia**

### **What people are saying about...**

### **The Power of Focus Coaching Program for business people:**

When asked to express my thoughts on The Power of Focus Coaching Program, I had no hesitation in “putting pen to paper” –this is rare as I normally resist providing references.

This year I participated in Year 1 of the program as a result of attending one of the breakfast workshops. I have always been prepared to listen and learn, so the program had me interested. To me, two concepts “hooked” me –the realization that I was not sufficiently focused on my most important goals and that this program included an emphasis on dealing with people who you can trust, respect and feel comfortable with.

Once we got into the process, I was able to quickly highlight goals and commenced progressive achievement of those –especially some of the personal health / relaxation issues. Due to a heart scare a couple years back I had started doing something about this, but this accelerated and focused my approach on a holistic basis. My fitness and feeling of well-being improved and were verified by health check-ups. Everything seemed to come together.

One of the key aspects of achieving focus is the maintenance of a regular communication with another nominated member of the group. This was a key factor in maintaining focus and attempting to instill an ongoing habit. I can only thank you for providing the opportunity for me to be part of the program and to have made progressive wins in achievement of my most important objectives.

**Gavan Rowan**

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