



LIFE & LEADERSHIP COACHING

Testimonial - Linda Matthewes

"When I attended the "If the Shoe Fits" session with Darla, I was still deep in grief over the loss of my husband, Bruce. I was at a point of no... my world was colorless and gray. Life was about surviving one moment at a time—no goals, no celebrations, no recognition of life happening all around me. I started to attend the first session but after only a few minutes, I got up and left in tears. This session was forcing me to look at myself and I didn't want to... I was too scared of what I might find out about myself and I definitely did not want to share it with anyone in the room.

I returned on day two to try again. This time I stayed. I started off sitting at the back of the room; not participating—just listening. After a while, one of the participants walked over, took my hand, hugged me and led me back to a table. At that moment, I knew I belonged there and I could do this.

I learned my Standards of Integrity—what an empowering piece of information! In a later call, I learned about my Monkey Mind and the extent to which I was letting it control my life. I also learned about my Life's Intentions and how to use them and my SOI to look past my MM and live my life my way.

Darla has changed my life! Yes, I still get sad and mourn the death of my husband. Yes, I still have days where my MM is screaming. The difference?

Now I have tool-real tools- to help me move forward. My outlook on life, my attitude, is one of hope. My world has color again! Every morning I wake up and know that I have a purpose... I am still here for a reason and the adventure of that journey is incredible! Thank you, Darla! I am filled with hope again... hope that comes from inside me (and you showed me how to find it!)

Thanks!"

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