

Client Testimonials

positivereflections

making a positive future

"Working with Andrew has provided me with a wholly new and totally different perspective on both my work and home life. Through his guidance and inspiration I have changed the way that I communicate with others which has been noticed and appreciated by family, friends and work colleagues alike. My own changed behaviour has invited others to interact differently with me benefiting both me and them. Utilising the techniques that he has shared with me has helped me to emerge from adversity, be confident as to my future and start to take the steps that I need to take to achieve both my personal and professional goals. Andrew took time and care to build my confidence in working with him such that I felt entirely comfortable in sharing with him my concerns and fears. He challenged my perceptions of myself in a constructive and humorous way and encouraged me to adopt new approaches to everyday problems that I may face."

Rugby - Solicitor

"I met Andrew in early 2006 & started working with him to improve my career in professional services. Sessions have covered "understanding different personality types", "managing difficult people" & "improving my effectiveness" in getting results both personally & professionally. The insight Andrew has shared with me & the benefits of using this knowledge have really helped me to; refine what I actually do, free up more of my time & achieve better results – often with far fewer obstacles & less resistance. The value I feel from working with Andrew is that the knowledge transfer is simple through open discussion & I am finding that the new understanding I gain helps a lot with motivating myself to apply what I'm learning to achieve my own goals. The focus is always on improving myself through better understanding & then moving forward in a better way to achieve my own goals. Thank You Andrew"

Leamington Spa - IT Director

"Choosing a male therapist was a difficult decision for me. It meant admitting I don't have all the answers to my own happiness. Having unsuccessfully tried a few therapists I was nervous about its potential. Luckily I didn't give up. I'm extremely happy to report that I am working through the aims I presented to Andrew and I really do feel as if I am overcoming many of my grey areas. Andrew inspires trust in me and has enabled me to have hope. I feel safe opening up to him and admitting my vulnerabilities. I believe in Transactional Analysis, it feels a manageable and respectful approach to reviewing behaviours, especially the ones I had trouble accepting in myself! As a complete convert I do now wholeheartedly encourage people to take the plunge and regain an understanding of their lives with Andrew's help. No pain, no gain as they say!"

Banbury - Designer