

Mel Riley

I am self-employed and I suddenly lost one of my contracts due to funding cuts and felt much panic. I knew I had to do something but I didn't really know what that something was.

A friend suggested using a business coach who was in her network group and gave me his number.

I called Doug for a free consultation and if I am honest I didn't expect to like him, I was expecting someone pushy who would give me the hard sell. I was convinced I would just have the free consultation and send him on his way.

When Doug turned up I couldn't have been more wrong, Doug listened and understood where I was coming from. The morning flew by and before long I had a big to do list. I had found the something I needed and just knowing I was doing something pro-active made me feel much better. I had a plan to get this show back on the road, I am a woman who likes a plan.

Some of the ideas Dou gave me and some my own that I had not put into practice. I used my savings to pay for my sessions with Doug, I revised my rates, raised my profile and the work has come in.

I was so busy it was a year before I used session three and I still haven't used the fourth one.

Using a business coach gives you the following

- 1) Support and understanding that makes you feel less alone.
- 2) A coach can give you fresh ideas that you might not have thought of
- 3) Can help increase your confidence to get your ideas off the ground.
- 4) It makes you accountable so you don't put things off or avoid them.
- 5) A business coach can keep you motivated or get you back on track.

I have not only gained a business coach but a good friend and he has more than paid for himself and I would thoroughly encourage anyone who is struggling to invest in some support.

I have learnt over the years you get out what you put in, but its always difficult knowing who to trust as there are so many so called experts out there. If you need more business or just want to ramp things up again I would highly recommend giving Doug a call for a free consultation.

The is no obligation to keep Doug and you can send him packing after your free review but I suspect just like me you may decide to keep him.

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