

*If you are looking for any form of professional and/or personal clarity and direction, I would sincerely urge you to speak to Martin. We met for the first time after a Freshwalks event. I was at a stage in my life where I had come to a cross roads and was wondering what to do with the experience I'd gained from running a personal training business for the last 4 years and a newly acquired diploma in Cognitive Behavioural Therapy. I had a rough idea of what I wanted to do next but it had no substance and it had no direction - I was in real danger of repeating the mistakes I'd made with my last business which was shooting in the dark and missing for 4 years.*

*We met for a coffee and it took just 15 minutes for him to help me see what it was I needed to do and what things I should avoid based on his experience. It then took only another 15 minutes for him to help me create the framework I needed to turn an idea into a packaged service that would ultimately allow me to pursue my passion for helping people but that I could also make a living from. There's still work to be done on the product but he ultimately pointed me in a direction that could have taken me months, if not years to discover through trial and error.*

*After the meeting I felt a new surge of motivation and energy and the ideas have not stopped flowing since. I have a goal that I can visualise and work towards confidently and that is in no small part down to Martin and the methods he uses to coach people. So once again Martin, Thank you!*