

## **M. E – Personal Trainer**

### **(Current Client)**

When my sister told me she bought me life coaching sessions, I thought it sounded silly. I cannot possibly explain how wrong I was.

Ever since my first 'free' sessions, I've had plenty more sessions. I love life coaching because it's like having a guardian angel guide you through life and help you become that person that you've always wanted to be at different times of my life, certain areas were priority, sometimes it was my business, sometimes my relationship, sometimes money etc. We have an ideal version of ourselves for every area in life. Samia has helped me become the person I believe I was born to be. I'm currently a personal trainer running my own studio at the age of 23 years. When people ask how did you do it, they think the money was the biggest barrier, honestly it wasn't, I was my biggest barrier, my thoughts played a magnificent role and instead of pushing me down, they became my cheerleaders. Samia taught me these skills that I'm still using in other aspects of my life.

Ever since starting life coaching, these are some of the things that have happened in my life:

- A) I opened up my personal training studio and am successfully running it
- B) I've battled to wake up early and stay awake and now I can happily say I'm an 'early bird' and I'm much more successful because of it
- C) I've learnt skills about being in a relationship that has shifted my perception about men positively (I am less judgmental and anxious when dating)
- D) I'm currently working on becoming extremely organized and am still creating a balance that's bringing serenity into my life

If you want to enjoy living your life, be happy and want to be successful in what ever you do, then you need someone like Samia.

We seek professionals whenever we have problems, if your overweight you see a personal trainer, if your tooth is aching you see a dentist. It makes sense that if you want something fixed, that you see someone that can help you fix it.