



See how we measure up to clients expectations...

"Working with our established team Perceptions Coaching delivered improvements in sales techniques with individuals, that helped us to achieve more consistent results across the department. Additionally, through a tailored training programme, Perceptions Coaching improved the rapport skills of our Sales Executives and Account Management team. This has helped us to improve the relationships we have with our clients, in a competitive and challenging marketplace." **A.O'S., Head of Sales, Club Wembley**

"Damian has enabled me to think about what I want to achieve and when. I have started to set goals AND achieve them. If only I could tap into Damian's enthusiasm every day then I would be sorted!"

**K.McK., Business Owner, Buckinghamshire**

"As a result of working with Perceptions Coaching, there has been a marked improvement in the team's performance and in our relationship with our clients. The Account Managers have more confidence when dealing with clients, the communication across the team has improved, the Team Supervisor is more self-assured and is able to delegate more easily. Most importantly, the team now recognise the need to develop every possible opportunity to innovate and to deliver exceptional customer service." **N.T., Vice President, IMG (UK) Ltd, London**

"I enjoyed my life coaching sessions with Damian. They helped me to think about the different areas of my life and what I wanted to work on and why. I came to realise that some of my beliefs about myself and life may have been holding me back. Damian always focused on the positive things about myself, which made it easier to set myself goals. He is friendly and non-judgemental and although he did not tell me the answers to my questions or tell me to do anything, somehow I could see things more clearly." **L.S., Berkshire**

"Damian's enthusiasm and commitment shines through in every life coaching session. Damian is a strong listener, offering his clients' space to think and confidence to answer how they really feel. He is a positive anchor, allowing you to look at new possibilities and ideas." **N.M, Managing Director, Surrey**

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"Damian Culhane facilitated on our strategy day last Saturday and I would just like to let you know what a great success it was. The feedback I have received from both staff and trustees have all been positive, everyone felt that they had a chance to have their say and contribute and they all found the day both enjoyable and productive. Although I had been to many strategy days, I had never organized one and this was my first one as Manager for the Irish in Greenwich and he made the whole experience easy. He is both approachable and professional."

**EH, Manager, London**

"Prior to the coaching I felt very un-focused and although I had made some positive personal changes over the last 12 months I did not feel I was achieving as much as I could or wanted to. The coaching has helped me to gain more understanding of myself and how I deal with things but more importantly how to work towards achieving my life goals. After 6 sessions of coaching I feel so positive about what I can do and have realized the only person stopping me achieving my goals is me. I am much more aware of how I use my time and energy. The coaching is so powerful that I have found that certain goals are happening without even very much effort because of the changes within myself." **A.M., Facilities Manager, Hampshire**



"I did the anchor exercise with Damian Culhane. I'm a confident person and comfortable speaking in public but I was facing another big step yesterday. Live television, on the sofa with Natasha Kaplinsky and Dermot Murnaghan, live radio with Nicky Campbell on BBC 5 and live debate with Jeremy Vine on BBC1. All within 1 hour from each other. I am sure you will agree with me that, unless you are a seasoned pro, this is confidence at another level. Damian's skills and by talking me through it, set a powerful anchor. I went into every interview knowing that if I were to 'lose my cool' I could always rely on my anchor. Needless to say, that was enough to keep me going." **L.S., Chief Executive, Surrey**

"I could not believe, that after only a few sessions with Damian, my outlook on life and my future, was changing for the better. Damian's own enthusiasm, not only in his own life and work, but his wish for you to succeed is exceptional. With Damian's help and encouragement, I have learnt to deal with stress, difficult people, and to explore other avenues when problems (no, my new word - situations !) arise. There is always a solution, just don't be put off by any obstacles that get in the way. Take time, think about things and set personal goals, which I am now doing, and achieving. Thanks Damian, I am so glad to have met you. **R.M., General Manager, Hertfordshire**

"My coaching sessions gave me motivation and inspiration. It's good to take time to have a look at all aspects of your life and see where you're going, the sessions have put me on the right paths and the skills that I have learnt will help keep me there." **C.B., Essex**

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