

Marja,

Misschien dat het scenario om via Skype te worden gecoacht nog wat onwennig is, het is wel de toekomst. Wij leven met laptops, iPads and iPhones en zijn inmiddels vertrouwd om via een beeldscherm ons leven te managen. Dus waarom zouden we ons via dit medium niet ook kunnen laten coachen? Voor mij was het afgelopen week vooral de afstand vanuit Singapore die een persoonlijk consult onmogelijk maakte. Het was voor het eerst dat ik door jou via Skype werd gecoacht en wat was het goed. Ik heb er veel aangehad. Rust, support en advies kwamen goed over en ik kon weer verder. Dank je wel!

Marc van Bergen,  
Heilbron Hospitality South Africa

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### Online Personal Coaching from Marja

"We had real contact; it felt as if Marja was sitting by my side. She has a kind of special light over her, which makes it so easy to talk to her. Each session the time flew by. Marja has a very natural timing of asking questions, giving inspiring examples from her personal life and especially: giving practical tips and tricks that I could start using right away. Some exercises we even did during the talk and I directly felt the effect.

Some of the talks had quite an impact. Beforehand I was sometimes being overwhelmed by my thoughts but after the talk I had much more perspective and could more clearly see the challenges I was facing. After each session I had new things to keep in mind and exercises to do. All were very easy and even fun. I felt Marja was present every moment, fully with me and so caring."

Hranush Shahnazaryan  
Armenië

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*"While talking with Marja I always got so inspired. Probably because it felt very safe. Safe to open up, and I felt that she understood me. Sometimes we talked about things that I don't easily speak about, but Marja is very empathic and most of all positive. After something serious we often ended up laughing about the next thing. That was very relieving. The talks made me feel more confident about myself and instead of focussing on things I can't control, I got encouraged to go after what I believe in. That changed a lot in my life."*

Ramon Vermij

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