

How to make Time for YOU! Testimonials:

“Walters & Partners are an Accounting and Financial Planning practice with 8 employees.

After seeing Marie speak at a breakfast presentation and then participating in a community session she facilitated we asked her to prepare a life coaching session for our employees as part of a monthly “reward” system we run for meeting our performance targets.

The session ran over two days six weeks apart but prior to and during there was plenty of supportive and helpful contact from Marie to everyone involved.

Marie put an enormous amount of time and preparation into our reward, and every single person involved had positive experiences resulting from the sessions. Not only did she give us tips and suggestions on specific things we could do but she gave us the tools to maintain the changes long term, as well as tools we could use on an organizational level to assist our employees in their work and play!

Marie’s communication skills made the coordination of the sessions a very smooth process, she was on time for all sessions and preceded her sessions with emails asking for us to do some homework to make the sessions more worthwhile. Follow up emails ensured that everyone gained maximum value from the process.

I would recommend Marie’s services both at an organizational level and also on a personal level. I will certainly be utilizing her services on a one on one basis at my next life stage (combining kids and career) as she provides a “velvet sledgehammer” approach to life coaching! She has the ability to make you believe in the process which is the only way to succeed in anything, particularly something that requires discipline.”

Kylie McRae, Partner, Walters & Partners

Once again, feedback from participants says it all:

“This program made me realise how little I was enjoying my life – and what I could do to change that.”

“Am using my spare time more productively and effectively – am much happier.”

“I think the training sessions were very useful and made me realise how important time is and that I need to do things for myself.”

(received 3 months after completion)

“Just a quick note to let you know that I am now the queen of Taking Care of ME. After trying everything to exercise, I have worked out that it is best for me to walk to lunchtime. This way everyone expects me to be out of the office, so it is easier to get out. I now walk for about 5 kms each day. Am feeling heaps fitter, lost 5 kg’s and have much more self confidence.”



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