

Corporate Testimonials

Carol changed my life!

She inspired and motivated me to make the changes I wish I'd made years ago. I am happier, healthier and more focused. I know what I want from both my personal and working life. I have clearer personal and professional goals, and my working and personal relationships have significantly improved.

I'm better equipped to get more out of life and take things in my stride. A testament to Carol's insightful and motivational work with me. A true professional, top of her game who tells you as it is.

There's no hiding place with Carol and absolutely no excuses. I'd highly recommend her as a coach and mentor, and she's especially suited to those who want and need that push.

Geraldine Wilcox

CEO

Derwentside Homes

"The sessions with Carol have helped me to relax, cast aside habits that were holding me back, embrace change, and set myself free to make the right future happen, both in my personal and professional life".

Catherine Donkin | CGI | Head of CTO Office

Carol is helping us to turn around situations quickly that could have escalated into ill health, absences and potentially avoiding exits from the company. She has a very unique and friendly manner, which put our staff at ease.

Her approach is to get to understand the need for change, and level of commitment to change, before she works her magic with almost immediate results. We are delighted to have engaged her services on a regular basis.

Bernadette Stainsby

Group Head of HR, Vela Group

Carol delivered a personal coaching service including hypnotherapy, NLP and other interventions to support those suffering from anxiety, stress, early depression or personal issues, which were affecting their ability to work. This was very successful.

Lynn Jones

Head of Organisational Development & Workforce, Co Durham & Darlington Community Health Service

Carol Barwick provided excellent support for senior staff.

Marina Taylor

Recruitment & Development Manager, International Paint Ltd / Akzo Nobel

Our staff received individual hypnotherapy sessions which covered Stop Smoking, coping with anxiety, confidence building for interviews, presentation skills and assertiveness. We have found a marked improvement in all these areas.

Paul Myers

Human Resources Manager, Tyne Tunnel

I am now managing to maintain a greater level of control over my stress levels. I find I'm constantly reminding myself of the feelings of calmness & self-assurance you managed to instill into me.

Thank you again for your time, support, guidance & advice which was nothing like I expected. It was much more eye opening than anything I've been involved in before. I very much enjoyed my two sessions and you have a definite convert in me (even if I was cynical to begin with!).

D S, Quality Manager, Manufacturing

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CAROL BARWICK

UNLOCK POTENTIAL | UNLEASH PERFORMANCE

Working with Carol on a coaching basis is a real life changing experience. I have so much more energy and confidence with regard to my abilities. I would not be in the positive place I am now if it wasn't for her. She is very motivational and I left each session with the belief that I could make the changes I needed to.

Natalie, Manager, Higher Education



Skills Funding
Agency

TESTIMONIAL

As part of the Skills Funding Agency's Knowledge for Change programme, we asked Carol to deliver her Resilience Toolbox Session to give us some valuable tools to deal with stress and anxiety.

Individual comments:

- *'I thought the session was full of very useful techniques and tools that everyone can use to get them through, not only work related issues, but also in people's personal lives too. Carol is a very inspirational woman.'*
 - *I was not sure what to expect from the session, but from the beginning I was fascinated. Carol demonstrated a wealth of experience in dealing with all sorts of issues and has dealt with them in innovative ways.*
 - ***Carol helped me to address an anxiety I have had since the age of six by using a combination of techniques including relaxation, IEMT, Neuro Linguistic Programming and Thought Field Therapy. She managed to vanquish this anxiety in the space of a few minutes! The effect was amazing and almost instant.***
 - *Going through any re-organisational change can cause stress, Carol has given me some simple tools to use in order to recognise and address my stress.*
 - *This session was very useful and she managed to squeeze a lot in. It certainly gave me pointers and new techniques to help deal with stress. Carol has an engaging presentation style. I found it useful and enjoyable.*
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Hi Carol

I would just like to thank you for the delivery of our recent management programme.

Your style and enthusiasm are infectious to the audience and your skill and experience are in my opinion second to none. You apply academic learning with hypnotic powers of persuasion and cross link it to the well-being of the body.

The overall programme is therefore capable of capturing the slightest marginal gains for managers improving their performance, effectiveness and efficiency to new levels. A testament to mind, body and soul.

Thank you once again for the best value for money training we have received.

Kindest regards

Steve

Steve Robinson
Managing Director
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