



### Case Study Jane Farnham – TV Presenter and Interior Designer

Jane Farnham, TV presenter and interior designer, aged 36 turned to Inspiring Potential Now! on demand coaching to help her improve her communication skills in the work place. Having encountered several difficult situations over the years, Jane wanted to become more assertive to enable open and honest communication with her peers and her employers rather than worsen relationships with misunderstanding and bad feeling.

As a freelance TV presenter, interior designer and Mum of two young boys, Jane needed a life coaching session that fitted in with her busy lifestyle. She decided to try Inspiring Potential Now!, a new 24 hour telephone coaching service from UK company, Inspiring Potential which has been designed for busy people. The service has an easy online booking service, the chance to book a telephone session with a coach at any time day or night and it is cost effective. Jane booked Marielena Sabatier, CEO of Inspiring Potential for an hour long evening session.



Jane said, "The session was brilliant. Marielena asked all the right questions and got to the root of the problem in the first 20 minutes. This meant that the rest of the hour was spent coming up with workable solutions. Marielena was very proactive and stepped in at the right places to guide me and encouraged me to find the answers myself."

"After just one session, I felt I had got to the bottom of why I found it difficult to deal with people in certain situations. Now I feel I have the knowledge and tools to become more assertive at work, deal with such situations effectively and resolve any problem in a calm and successful way."

