**Coach: Edmond Khoo**

*Coachee S/No.: X101G*

*Period of Coaching: Jan 2018 to Nov 2018 (via video-call)*

*Number of Sessions: 17*

*Number of Hours: 25.5*

*Average Duration per Session: 1 hour 30 mins*

TESTIMONIAL

*by Coachee who is a Sales Manager, Manufacturing Sector, China*

Firstly, I would like to express my great gratitude to Edmond as he has coached me for nearly one year. From his coaching I learned a lot and improved my work and life a lot. Usually I will choose the topic which I would like to discuss. The topics are various, such as work, life skills, family relationship, etc. No matter what topics I choose, he will always accept and prepare for that coaching carefully. At the beginning of the coaching, he will try to understand what goals I want to achieve from that time. Then he will start to ask questions to understand my opinions more clearly. He is very professional, and will help me to get the answers by independent thinking, rather than provide the solutions quickly. In the end, he will ask what I have learned today. From the summary, I will reflect the points and be clear about what I get from that time. I like this kind of coaching, which will help me to get fresh perspective and see things from a different angle.

Also our trust level is very high. I trust that he will keep what I shared even personal affairs. He will always listen carefully and try to understand me more clearly. He can not only understand my happiness but also my struggles. Sometimes he will share his opinions which are full of wisdom when I was in a struggle and need guidance. After the coaching, I will always get what I need. Sometimes it may be not the answers I get, but the care and heart for people make me feel warm and encouraged.

Moreover, the coaching helps me to keep my life balanced. I will always reflect on my life, relationship, work, health, and what blessings I can bring to others. As Edmond suggests, I can’t do everything, but need to focus on the three most important things. I agree with him and try to focus on my priority.

Finally, I do recommend Edmond to you as a coach. He has rich experience in leadership, management, family, etc. He will always keep objective views and help you to reflect your life. I believe he can help you to see different angles in your life and grow steadily. I hope everyone who gets help can help others. Thank you!