



Case Study – Phyl Edmonds

It was a few years after the tragic death of my husband that I met Sandra. Whilst I had already embarked on a journey of self-discovery and healing, I was at a crossroads and not sure how best to go forward. I had been unable to secure employment after redundancy and had become self-employed which I enjoyed. However, I was not earning enough to support myself and at my age I knew it would be difficult to secure a job and had begun to contemplate a significant step to develop my business. Whilst this was exciting, I found just thinking about it was overwhelming and I got stuck in a cycle of self-talk: ‘do it’..... don’t do it’.

Fear began to hold me back and seek comfort in the known and secure – ie to end self-employment and seek an employed role. Having tried to get a ‘proper’ job previously, I knew from experience that this was becoming increasingly unlikely the older I got. I felt stuck!



I tried to ignore my problems by socialising, drinking and generally having a good time; but all the while this was making matters worse as my savings that were keeping me afloat were diminishing rapidly! At a network meeting I was chatting to Sandra about my dilemma (she has natural empathy and great listening skills) and she told me about her coaching course. I was immediately interested as the ethos fitted with my own interests and values and I was open to trying something new that would challenge me in a spiritual and creative way.

Having undertaken the coaching programme I found that I wanted to trust my intuition and abilities and I took the significant step of taking on office space and a professional PR and marketing campaign. This had been my vision and it helped my business grow such that I no longer had to consider employed work! Several years later I am still in business and may soon be able to provide work to others!

These days I continue to catch up with Sandra and undertake her short courses to keep my mind open to new ways of thinking.

If you are stuck, either in your personal life or in business, I highly recommend Sandra – you will find it enlightening and productive to invest in yourself. You have so much to gain!



Contact Phyl at
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