

02 October 2018

To whom it may concern

**Soul Coaching with Emma Hamel**

I recently undertook a 28 day Soul Coaching programme with Emma Hamel, based on Denise Linn's work. It is the kind of programme that requires 100% commitment and was, for me, a life-changing undertaking.

Having been on a transformative course for some time now, the Soul Coaching programme helped me particularly to get in touch with limiting beliefs and to generate new habits that would allow me to not only understand my true purpose and value, but also to pursue my goals with a new found strength. The programme has me helped to lighten the burden of past hurts and limiting behaviours, created new thinking habits, and provided me with effective tools to approach all the challenges I will face as I construct my future.

I would recommend this programme to anyone who is in dire need of tools to navigate the rapidly changing environment that we find ourselves in today.

Yours sincerely



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