

## Tineke's Testimonial

Tineke's career programme is one of the best things I have ever done. It has been life-changing! An incredible experience. I've learnt more things about myself in the last 3 months than I could have ever imagined. I can't recommend it highly enough!

In terms of context: I was at a crossroads when I met Tineke. I was 4 months into a planned career break, having given up work in a high-pressure job to be a full-time parent due to the global pandemic.

With the children starting to feel more settled I turned to myself and thought I have 2 choices: I can either carry on doing what I have always done for the last 20 years OR use this time to figure out what I want from the next 20 years of my working career.

I felt like there was something missing that needed to be fulfilled yet I didn't know what that was. I just knew I needed to balance it with family life.

As if the universe was listening Tineke reached out to me on LinkedIn to connect. It couldn't have come at a more fitting time.

I read Tineke's website, testimonials, career programme details, articles and felt an immediate affinity.

Everything hit the nail on the head for me: I wanted to feel freedom and fulfilment in my next role; I wanted to build my career so it had multiple layers and strands, a portfolio career; and I wanted it to allow me the balance to be with my family ... and finally the penny dropped reading Tineke's materials: to fulfil my desire to "be more creative" - that was the thing I was missing: creativity - but what did that mean, for me?

I engaged Tineke in the 12 session Career (Change) Programme. And the flow of the programme is spot on.

At each step of the programme Tineke invites you to peel back the layers to discover your true purpose and what makes you so special - something I felt I'd lost along the way.

With a warm and friendly style, Tineke very gently and expertly draws out what really sits at your core and passionately champions it.

I thoroughly embraced the whole programme. It was a roller coaster of a journey into my heart and mind that encouraged deep self-reflection, challenged where my beliefs really came from, my personal career barriers and how to break them, my true superpowers, strengths and values, and vision for my future life, career, family, everything!

Tineke empowers you to believe anything is possible, that your best self is right there within you, and you just need to harness it to live your best life and own your "zone of genius"!

What's more, alongside Tineke's amazing coaching, Tineke also shares her unique skill and love for drawing by visualising your coaching conversations and career journey as a drawing. These pictures are incredibly personal and for me will be a much-cherished reminder of where I've come from but more importantly where I'm heading.

I've learnt things about myself that I've not realised since childhood! I've read some amazing books recommended by Tineke. I've overcome my fear of "networking", networked like I've never networked before, and had some of the most interesting conversations as a result.

And I'm now also part of Pick 'n Mix, an incredible community of creative, multi-passionate women set up by Tineke to continue to do more of the same.

My "aha moment" through all of this is that: creativity is innate within me; I must embrace my inner artist! How have I forgotten about this for so long?!

At the start of our time together I set out some clear objectives of what I wanted to achieve and hands down the programme has delivered: I have a clear plan that wholly supports my personal vision for my future career AND family life. And I am now focused on delivering on it, with creativity at its core.

And as if the universe has been listening, it's already coming to fruition: landing a role at company I admire, that's focused on having a positive impact on the world by harnessing the power of creativity to make a difference.

I can't thank you enough, Tineke. It's been truly transformational!