

Dear Darren,

I would like to take this opportunity to express my heartfelt thanks to you for an amazing experience at the Shape Your Destiny Seminar. I found the seminar on both a professional and personal level extremely valuable.

Having been to many motivational seminars and workshops before, I must say my expectations were high also given the initial investment. However, it is suffice to say that you completely exceeded my expectations. I came out of the session feeling focused, energetic and inspired which is something I have not felt for a very long time.

From a presentational perspective, I must say, you have a profound ability to engage with your audience .The content was excellent and extremely interesting which was supported by some very practical and intelligent learning strategies. The music and DJ, team activities/competitions, humor, and the general entertainment you provided established an atmosphere like I have never experienced in a motivational workshop before.

Specifically, I found the follow activities highly valuable:

- Gratitude list
- STOP technique
- Conditioning exercise
- Peak state and anchoring.

I walked out of the seminar clearer on my life path and direction, and more confident in setting and achieve goals. It has been three days post seminar and I have already been more productive in all areas of my life.

I commend you for a brilliantly constructed and executed seminar, and I thank you for making a difference in my life. I will keep you updated with my soon to achieve major successes.

Warmest Regards,

Nathan De Rozario
National Field Training Manager