

Mrs Dianne Sfiligoi
12 Stanley Ave
West Pennant Hills
NSW 2125

9th Sept 2008

Dear Janette, Rebecca and Beth,

Many sincere thanks for providing me with the necessary skills required to enable me to assist my clients to deal with lifestyle behaviours which are impacting on their health.

In my 20+ years of experience as a physiotherapist I have often grappled with the gap between being able to offer effective outcomes for my clients and my current skill set.

Following attendance at your health coaching workshop I now realize that successful outcomes for a patient are dependent on a collaborative effort with the patient and assisting him/her with identifying their intrinsic motivation along with helping them set their own goals and action plans. Success in behaviour change is more about long term sustainable strategies and solutions. This is more likely to happen if the patient is ready for change.

Now in understanding the health coaching model coupled with my past experiences, I find it hard to believe that this model is not taught at the undergraduate level: at the grass roots of health education. This surely is the way to go.

I feel quite passionate about the need for your teachings to be offered to all health professionals so I would like you to use this letter as a testimonial for your wonderfully structured educative skills and tools. I also would like to congratulate you on the ground-breaking work which so many health professionals have had the benefit of receiving and many will do so into the future.

Thanks again.

Yours sincerely,

Di Sfiligoi