

 CPS Success Story— Coaching Testimonial**FEEDBACK ON 8 COACHING SESSIONS WITH CPS COACH MIKE POLA**

The way I met Mike was quite serendipitous. I had been working my way up in the oil and gas industry in the Sultanate of Oman, believing that my goal in life was to prove I was as good as any man in a cutthroat male dominated organization. I worked endless hours but with each success, I lost the feeling of excitement and achievement, and a feeling inside of me felt restless and dissatisfied. I started feeling lost, and couldn't communicate with many of my friends and family who thought I was so lucky to be working at one of the most credited companies in the country.

I reached out to various people and organizations about coaching, but the most proactive response came from Mike. From the very beginning he gave me a sense that Let's Do This and Let's connect now on Zoom! I was hesitant even then, but the first meeting with Mike it was just instantaneous compatibility. He from the start was clear what his values were and what he stood for, and I found a connection in finding a coach who represented all I desired to see in myself and in my children. He was honest and warm, friendly and humorous, yet he knew exactly how to pick up on small openings of information that I gave him and make me pursue them further, until without me realizing I came to the answers myself and had many "Aha" moments.

Rainer Maria Rilke a Bohemian-Austrian Poet and Novelist wrote:

"Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue...", "Perhaps you will then gradually without noticing it live along some distant day into the answer".

With Mike, I lived into the answers without knowing it, without realizing it, but just like you suddenly understand the language of that foreign book and it opens up a new and wonderful world, so did my coaching with Mike, I am alive with purpose and meaning today, and I am reminded of Amazing Grace – *"I was lost, but now am found, was blind but now I see"*, and that it how I can define my experience with Mike, it was divine grace, and I remember mentioning to him in our last coaching session about feeling a light shine through me... and in our last session he helped me discover that light.

There is so much I can say about those single hours spent with Mike, and the transformation I discovered within me, but nothing can describe Mike's professionalism, kindness, love and grace as personally interacting with him. I am forever grateful I took that leap and agreed to let's do it, because there is no one else I would have preferred to go on this journey of self-discovery than with Mike Pola.

Dr Layaan Al Kharusi

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