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**RE: REFERRAL FOR MS YOKE VAN DAM**

To Whom It May Concern:

Working with Yoke as my NLP Coach was a life changing experience.

In short, she is extremely personable and had the ability to connect with me quickly while making the environment safe for the journey she took me on. As a coach she was able to bring new insights to my life experiences in a respectful manner. And above all, she is trustworthy, always encouraging, and a patient guide through life experiences in pursuit of goals and dreams.

As a result of my working with her, I was able to reach new heights in my career and finally succeeded at long-standing personal goals.

Yoke also offers good value and high integrity and I would highly recommend her for your NPL Coaching Programme.

Should you have any questions, please feel free to contact me directly.

Regards,



**Rodney E. Knotts**  
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## Ian Fuhr Former CEO of Sorbet

"Thanks for the session, Yoke. It was most interesting. I will work on the exercises you gave me and keep you posted."

## Itumeleng Mokhele-Director-Make your art-What has happened since our coaching sessions?

"I was shortlisted for panel interviews for the Social Entrepreneurship Programme 2019 and I received my acceptance letter on Friday! So excited. I have been wanting to do this education programme for over 8 years.

I have 2 new potential clients both in agriculture/manufacturing and the other in corporate/employee development and planning to go global. I have established a rhythm with my Lion King client. I have been feeling very optimistic, loving life, finding a lot of peace and less anxiety. Also getting very focused with the goals we set you always in mind. I find that I am also taking more care of myself - eating better, working out more and looking healthier. Thank you so much. I will definitely set-up another session sometime soon actually. "

# Testimonials



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"After engaging with Yoke van Dam for NLP Sessions, it really has assisted me to respond differently in situations (be less reactive) and has re-wired the way I perceive life in general. To attract positivity and win through thoughtful engagement everywhere I go. Since then I have recommended Yoke and her NLP Training to many friends and family.

I would highly recommend engaging Yoke van Dam as an NLP Coach, which is complimented by experience as an International Facilitator, Trainer and change agent."  
Warm regards, Janet Becker -073 389 1403, Senior consultant at ThinkSales

March 19, 2019 8:13 PM

#### Reference Letter:

I crossed paths with Yoke when I was commissioned to write an article on banishing negativity for a magazine. Yoke suggested I try an NLP session with her, and I'm so glad I did. The process was fascinating and gave me so much insight but, more importantly, I am still seeing positive impacts months later. Yoke herself has a wonderful, enthusiastic, caring energy. I believe she has much value to add, no matter what challenge you're facing.

Lisa Witepski 082 928 9561



2019/05/17

To whom it may concern

This letter serves as a reference for the NLP coaching I received from Yoke van Dam. I had been suffering with a family member who was making my life difficult and was feeling emotionally stuck in fear and worry with my up coming wedding. I realised I needed professional help and so I asked for the services of Mrs van Dam.

Yoke created a warm and welcoming space for me to confide in her all my concerns and she listened well and made sure I felt heard. She then proceeded with the NLP counselling with the goal to be to rethink of the family member as non-threatening or not being able to destroy my wedding. Her insights where valuable and we managed to get to the bottom of the issue and reprogrammed my thought processes to be positive.

Since the counselling I am happy to report that I had a happy and successful wedding day and didn't think once or worry about that family member. In fact the time with Yoke was the catalyst for my healing and moving forward to a place of forgiving the family member and moving forward with my life.

I am grateful for the impact that the NLP counselling has had on my life and would certainly recommend Mrs van Dam to anyone who is in need of similar help. She has a clear ability to understand people on a deeper level and to work with their emotions in a tactful and mentor type way.

Kind Regards

Shelley Trent

072 3164455

Snr HOD at The Kings College in Bryanston



# Testimonials



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We highly recommend a process of 3 – 6 sessions, so the coaching and strategies can have lasting impact & growth and bring change.

Yoke van Dam

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