# Mindset Coaching testimonials

“This has been such a positive experience for me, and I’ve seen drastic changes in my work as a result . I couldn’t recommend this enough!” (Sofia, Law)

“I think it’s a good way to bridge the gap between personal tutoring and mental well-being services, as well as being a good form of support. I also enjoy how it helps to support the student in the transition to university and becoming a proactive and independent learner, and how building on certain skills through this support network improved my lifestyle.” (Betty, Biology).

“This program has been extremely beneficial to me, helping me understand how to better manage myself as an adult. The course introduced many useful tips and techniques, each of which is practical not only for exams and coursework, but also for daily life. These methods will undoubtedly be helpful for my future work as well. The coach was very patient and helped me address many time management issues.” (Katherine, Business)

“I genuinely feel study coaching has been an invaluable experience which has helped me to start to conquer the psychological barriers I may have with my learning. Glenn has been so welcoming and encouraging throughout the experience and i hope it will be afforded to me next year.”   (Ella, Social Policy with Criminology)

“Coaching really helped me to study again so thank you!” (Irmak, Econ & Finance)

“It was empowering, thank you very much for such an opportunity.” (Malcolm, Electrical and Electronic Engineering)

“It was a really positive and useful experience that helped to change my mindset about studying” (Molly, Vet Sci)

“There should have been a study coaching programme much earlier on in the session. It would have been immensely helpful.” (Trust, IFP Dentistry)

“I think this is such a brilliant programme that I think should be made accessible to everyone because I have felt more empowered and able to manage with my studies!” (Zoe, History with Innovation)

“The study coaching gave a new perspective on studying and learning that I don’t think I would’ve had if I didn’t try, it showed me that it’s not black and white and progress is not linear, and even if it’s slow progress it’s still progress. I know how to manage my time and tackle big scary tasks that I would just avoid before the study coaching. I feel a lot more confident in myself and in my skills then I’ve been all year, and having someone to help you figure out what you need to do is so much more helpful then just reading it online or something like that. Because having a familiar face that’s understanding and is there to help you is so comforting. I share the skills I learned with all my friends because to me they’ve genuinely made my life easier and I enjoy learning more.” (Jory, International Foundation Programme STEM)

It was very helpful for me and there was an opportunity for me to practise my English and communicate, so I hope I can continue to have Study coaching with you next semester!” (Shenru, Marketing)

“I’m really enjoying my course now. I work better and feel more in control of my studies and my uni life.” (Sujay, Medicine)

“Glenn has been absolutely amazing. He has helped me so much especially in terms of tackling procrastination and healthy habits. Before meeting him I was struggling with sleeping at night and juggling university work. I used to think I was a night owl and that I could only do work at night. At times where I procrastinated, or slept in during the day, I would beat myself up over it. I know it’s common to beat ourselves up over little setbacks, but having someone who understands and supports you can make all the difference. Glenn was an amazing listener, he sympathises and understands. He’s so knowledgeable. He gave the best tips and advice and now I feel like a completely different person. For example, setting specific goals, creating a study schedule, and breaking tasks into smaller, manageable chunks helped me study better and overcome procrastination. I feel so much healthier and it has honestly been a game changer. He gave brilliant advice in regards to sleeping better at night and it has benefited me immensely. I didn’t expect myself to gain much out from this study coaching with him and I didn’t expect it to change my way of living. It's truly amazing how a study coach can make such a positive impact in a relatively short time. Would highly recommend this to other students who face the same issues I faced. Thank you again Glenn!” (Harish, Law)

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