



Kate Cook
The Nutrition Coach
137 Harley Street
London W1G 6BG

June 2010

To Whom It May Concern

Ian Dickson is quite simply the best thing ever to have happened in my business life.

Running your own business, as many will know, is a lonely task – we tend to get distracted by the small day to day “urgent” tasks, which keep us standing still, frustrated by long hours and getting nowhere. Ian has guided me to looking at working on my business, rather than in my business and I have made huge changes subsequently in all areas of my working life.

He has taught me to love my figures – but in a way that means I can run my whole business better and in a fun way but structured way (ie not getting bogged down). I have revised my systems to work better and I am moving forward rapidly.

More over I have a plan and a vision – something that has been missing for years – and from this plan and vision the passion re-emerges. I now remember why I wanted to work for myself in the first place!

To say “Life Changing” would be an understatement. Invest in yourself, work hard and see the Rewards, both financial and personal flow back in!

Ian is totally on my team – committed, insightful and generous, and gunning for me the whole way – a real partner.

A very warm and sincere thanks Ian Dickson, Coach, Mentor, Friend, Partner!

Kate Cook
Director, The Nutrition Coach Ltd
www.thenutritioncoach.co.uk