

To who or whom it may concern:

At this particularly time of my life I had very little self-esteem in my capabilities. I could not enter a shop, where I had to give details of myself, write a letter or even write my address, without feeling that somebody was watching me and laughing at me. (But this was all about to change unknowing to me.)

In March 2011 I was introduced to a lady, as I know now as Gay Brown. On my first tutorial lesson, within five minutes, I felt like I was drowning in my own nervous tension. I was ready to walk out and never look back till I got back in to my own comfort zone. (**I'm glad I didn't**).

Gay knew that I was feeling nervous and asked me if I would like a glass of water. After about 30 minutes or so I began to calm down. For the rest of the lesson we just talked which kept me from walking out. From then on every time I when for a tutorial lesson I felt, I was on my way, to finally overcoming this silly hang up that I had about people watching me!

I worked with Gay for the rest of the year and we worked well together Gay as the teacher and me as the student. Some of the work Gay give me, I thought at first was may be a little hard, but I was wrong. Gay knew exactly when to push me and when not to. If for some reason I felt unsure about something, I asked and Gay's answer was pleasant and understanding.

If you really want to learn and progress in your life then I would recommend Gay Brown to anyone. Gay understands people and is more than willing to help you to achieve your goal, even if Gay as to go out of her way to help, she will.

Since I have been working with Gay, I have the chance to do a business course and passed with flying colours; writing in front of people now is no longer a challenge. You only limit yourself by telling yourself than you can't do it. If you tell yourself that you can do it, then you will progress in anything you do in life. (Believe in yourself and you will do it), especially when you have someone like Gay to help you.

I would like to take this opportunity once again to thank Gay Brown for helping me change my life for the better.

Thanks Gay and all the best for the future
Kevin