



COMMENTS ABOUT PERSONAL COACHING

A Journey of Connecting With Life

"Neil's coaching has helped me continue on this path."

- Renee Olson, Victoria BC



Neil McKinlay's personal coaching helps people connect with their lives. Responding to the longing so many of us feel, he draws from his experience as an award-winning swim coach, a trained meditation instructor, and a student of Dr. Reginald Ray to help us become more fully human. Useful for meditators wanting a deeper engagement with the path, spiritual seekers hungry for a fresh perspective, and people who yearn for something more from life, this service has earned powerful reviews from many of Neil's clients.

"Neil's approach is both practical and profound. His words of acceptance and compassion follow me in my most stressful moments. As a working mother, I value his straightforward and acute teachings that integrate meditation practice with everyday life."

- Bev Sawatsky, Sooke BC

"I came to meditation looking for an approach to life previously unknown to me. I was looking for an investigation not particularly encouraged, much less understood, by most. Without Neil's compassion and insight, without that curiosity and joy he so generously shares, I might well not have found the wherewithal to continue on this path. I have no idea where it leads but, then, I've discovered that's less important than being here, now."

- Renee Olson, Victoria BC

"After years of wondering what it was all about and trying some things with little success, in just a few hours Neil had me meditating successfully and seeing the benefits almost immediately. His guided meditation approach is incredibly effective. Right from the start the experience has been full of insight and amazement for me. With meditation I am beginning to feel more connected with who I am. I feel more connected to life."

- David Mitchell, Comox Valley BC

To learn more about Neil McKinlay's coaching and meditation services, contact:

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