

## **Reference for Adrian Finnegan**

### **ACE Recall Study Performance Coaching**

My mum came across Adrian's coaching in December 2015. She recommended that I use his services because she could see how overly stressed I was becoming with university work. At the time I was half way through my second year studying Accounting and Finance at Southampton University. While to my friends at the Uni campus or at the bars/clubs it appeared I was having a great time and enjoying myself (which I was at times), truthfully inside I was a very stressed out and anxious individual who was struggling to cope with the demands of university second year.

Over Christmas time the exam timetable came out and I had 4 exams in 4 days and my holiday wasn't really that. I enjoyed myself on a few nights out. But every day in the daytime I was just working flat out, looking at endless notes and trying to memorise them, while also trying to understand hard techniques/concepts. When on Christmas Day I did nothing but sit on a sofa looking and memorizing sheets of paper, I realised enough was enough. I decided I was going to get through the year at any cost and then immediately try out Adrian's coaching. I would not be disappointed.

Later on in April I had a couple of coaching sessions. Because of having more exams in May and the constant fierce stress I was putting on myself, I decided I was not going to focus on the memorising side of the coaching just yet. Instead I was looking for advice for a theme for my dissertation. Within my first coaching session and a day or two I came up with a dissertation title and theme I used in my research proposal. I achieved 68% - approaching a 1st - which gave me an extreme amount of confidence to be able to use it for the dissertation coming up in my 3<sup>rd</sup> year. Things were off to a flyer.

Summer came and I started to work with Adrian on a regular basis. I have to say every session has been an adventure, always learning new techniques, building on these, and doing new practical exercises; always thought provoking and ALWAYS achieving something. I most enjoyed the practical exercises and having explained for me, through use of simple diagrams, how the brain works - and my memory functions at its very best.

During the process my results came through from 2<sup>nd</sup> year and I got a 1<sup>st</sup> - and it was at that moment I realized something very important. **It doesn't matter how well you are doing, or how successful you are, Adrian's techniques can take you to an even higher level than you already are at, and improve you as an individual beyond ones imagination.**

Adrian's memory techniques have helped me relax about my work which since GCSEs has never been the case. His techniques now give me the confidence to enjoy life on a daily basis, without having to stress about putting aside long periods of time that would have been used to try and remember large amounts of information. Instead by using these techniques over the course of a university term I will not have to worry about putting aside such large amounts of time as I had to previously.

Adrian's techniques have now made me be able to confidently memorise large and important volumes of information without any stress at all, as the speed in which I remember and learn all this information is so much faster. Nothing more needs to be said about this – it is just pure genius.

I believe Adrian's coaching will be of use to a student/adult at any level of work when it comes to having to remember large volumes of information.

The best thing about Adrian's style of coaching is that he is honest, and is man enough to tell you what you need to improve. He is confident enough in the techniques to make sure you follow them exactly. Adrian's intelligence is of such a high level that to achieve this he is able to create exercises built around your own personal interests because he is so aware of another person's personality. He has also been kind enough to praise me on the work I have already done at university. This has done wonders for my confidence because, other than my parents, I've never really had compliments from anyone else about my work which shows how thoughtful Adrian is. Adrian is a very genuine man and enough good things about him cannot be said from my perspective.

It is my personal opinion that to get the absolute best out of life, using Adrian's coaching, ideally you want to begin at 14, just before GCSEs. Although it is never too late, I personally would have benefited an awful lot more at GCSE and at A Level and then obviously through the first 2 years of university.

**Final Year Undergraduate, Southampton University – 13 Sept 2016**