



# MEREDITH MC SWEEN INTERNATIONAL

## Client Feedback



Judy Joseph Mc Sween  
Business Intuitive/CEO

Meredith Mc Sween International

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As a trained lawyer, seasoned human resources executive, and CEO running national for-profit and non-profit organizations, I must admit I was a bit leery when I was invited to spend time with Ms. Judy Mc Sween to "get in touch with myself" in a way to improve my performance as a workplace leader.

Because I'm naturally curious about ideas I've never experienced, I agreed to an hour-long session in the lobby of a hotel in Trinidad. I have to be honest, though, I wasn't exactly initially a great participant: I agreed to the session only if Judy would allow me eat my breakfast and if she could be done in 30 minutes or less (smile). An hour later, and after eating only half my breakfast, I found myself totally engaged in the process - a process that forced me to "get in the moment" and focus. Like most executives, I gladly "own" my multi-tasking abilities; it's a point of pride. The time I spent with Judy, has made me re-think how I manage my time, conversations with colleagues, and even how I "relax" with my family and friends. From a former non-believer, I think this is a very useful tool and I found Judy a very good facilitator. **Johnny C Taylor, CEO**

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The Time out experience is more than the words suggest. The expectations that the session would deal with immediate deficiencies of time management in this apparent reduction of available time in one's rapidly increasing busy schedule was far more. The sessions successfully explored and analysed personality characteristics and behavioural weaknesses to hone in on the reasons for challenges in time management and interpersonal skills. Techniques used were interesting and creative and even the sceptics within the group fully appreciated the dynamics of openly sharing personal thoughts and feelings. The personal coaching element of the "Time Out" was even more mind blowing as the outcomes of the facilitated personal realization of weaknesses were spot on and could not be challenged.

Recommended for individuals open to approaching self development from a different , "out of the box" perspective. **Glynis Tam-Alexander, General Manager**

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A few years ago I had the opportunity of experiencing one of Judy's Time Out Retreats. The retreat was spiritually uplifting and the process used also made me aware of the areas which needed developing within me. My experience was more than just becoming aware of the practices I needed to increase or adopt, it provided inner healing.

At the end of this retreat , I knew myself more, I became aware of the positive practices that were working for me, the practices that were not and I felt empowered to move towards the new goals that were set before me. This Retreat is a life changing opportunity that no one should miss.

**Elicia Belcon, Business Executive**

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My management team and I found it a pleasure working with you as you assisted our Institution in the process of “Defining The CREDI Culture.” You took us through some introspection (however uncomfortable that was for some of us), identification of strengths and weaknesses, helped us to reach out to, and work with a team member to achieve some stated goals for our own transformation.

Your meticulous research, attention to detail and follow-up were very helpful in highlighting the areas we needed to address in order to take CREDI to another level. Through your guided meditation sessions we were able to integrate our spiritual and professional lives.

I wish to thank you for working with CREDI. Overall, the sessions were well organised, very informative and the content very useful in assisting in the transformation of our culture. **Dr Joycelyn Rampersad, President**

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There are times in our lives when our inner being needs the space to hear and receive the answers that are already there.

My time out sessions provided exactly that. Even more than that was the peace that enveloped the atmosphere during the sessions; assurance that this was a gift from the very hand of God. Judy has the unique ability to enquire, challenge, and re-position your stance in a non threatening, empowering way. She guides along the path you design respecting your role as steward over your life and allowing enlightenment to flourish. Thank you! Time very well spent.

**Sonya Le Maitre, HR Consultant**

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Some years ago I heard an account by one of my mentors concerning him attempting to cut some grass on field with a dull machete. After blistering his hand from an entire day's effort, his supervisor said to him "time spent sharpening the blade is not time wasted".

It is with 'blistered hands' that some time ago I engaged [Judy Joseph Mc Sween](#) . Indeed and without fail, my session with her allowed me to really have a meeting with my inner self. I had what I would call a 'blade sharpening intra personal conversation with me. That meeting was so pivotal that it set my personal and professional compass on a path towards my current success. **(Captain Richard Lynch-Trinidad and Tobago Defence Force)**

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