

Testimonial For John Peck -  
[Louis Gregory](#) - Bravehearts Leadership Programme 2010



I owe a great deal to John. I recently caught up with him at a reunion in Birmingham, and felt elated - just to be around him again.

We first met in September/October 2010 when I was youth worker. I was working for a community radio station in Birmingham, presenting, broadcasting and raising awareness. I applied for the Bravehearts challenge through work, without a clue what John and his team had in store for me.

I've always been up for a challenge, and always thought of myself as somebody who likes to test the water or push the boundaries. The enthusiasm John spoke with regarding Bravehearts filled me with confidence and the desire to take up such an endeavor.

I've never believed in fate, or destiny - but choosing to take on Bravehearts has changed my life, and my perspective of life forever. It was nothing like what I expected, hurled outside my comfort zone and my limits tested.

John taught me a brand new side of leadership - Leadership of my own life. I've grown up never really knowing what I wanted to do, and latched onto what John taught me about the importance of having goals. Short, medium, and long-term goals, to structure a phase in life - whether that be 6 months, a year, or longer.

To wake up with a picture, or a quote, or something that is related to your goals - staring you in the face, is one of the most important things to implant in your life, as you start every day thinking about how you can move one step closer to fulfilling that goal.

If anybody reading this who gets to meet John, I urge you to pick up on this. It has made such a difference to my life.

**John Peck is the reason I am as happy, and as successful as I am today. His training is of the highest standard, and has been an inspiration to me (sometimes without knowing I think!) over the past 12 months. Everybody that shared the Bravehearts leadership programme with me all came to the same conclusion:**

**Not only does he listen, and make time for every single one of the people that talk to him, but he connects with them in a unique way.**

I have never met somebody who understood what I was going through - how I felt lost and stuck in life. John helped me see the future, through goal-setting and talking of his own experiences (which I am in awe of).

I have a vivid memory of John I'd like to share. I remember climbing Mount Scarba, in the relentless rain and bitter winds. After a couple of hours - and only half way there, I was suffering from excruciating blisters. My feet were wet and I was exhausted, on the brink of giving up. John and his team were on their way back down, and as I was sitting down having a breather, he came over to me. As though it was yesterday, I can picture him handing me his bottle of water, putting a hand on my shoulder and telling me that I can do this. He believes in me, and if I can do this I can do whatever I want in life.

Now, every time I find myself stuck, or nervous about something in life, I have this memory to refer to. It hasn't let me down yet, and because of John i've grown from strength to strength over 2011.

**The Bravehearts challenge was masterfully schemed, everybody that participated conquered fears and went home with a feeling of invincibility.**

Being the kind-hearted man that he is, I know that I could approach John about anything. He'd always make time - and that is what sets him apart from anybody else i've ever known.

**Many teachers or trainers are just repeating words, they say their piece but don't really believe in what they're coming out with.**

**John Peck is living proof of everything he teaches. From all his life's accomplishments spanning the entire globe, to being a leader amongst colleagues, everybody has something to learn from this incredible man.**

I cannot thank John and his team enough for helping me complete Bravehearts, and for everything that I have learnt from him over the time i've known him.

Signed:

*Louis Gregory*