

Reference for Charlotte Marie Kershaw

Charlotte is extraordinarily driven to help others . She is selfless in her goal to help others achieve more than they possibly ever imagined they could . Her mindset is totally focussed and her energy and enthusiasm are infectious . This makes her exercise classes tough but a real joy – how do you know how good you can be unless you face a challenge

I have known Charlotte for over five years now and I use the tips she taught me every single day and they work. They have certainly been life changing for me . She makes you believe in yourself . That in itself is particularly powerful asset to be able to bring to the table .

I remember seeing her analysing the gait of a Vietnam war veteran in Kyoto who had lived with Parkinson's for over 40 years . Within a matter of minutes she had identified a strategy which would help him , it actually made me quite emotional but then again its not the first time I have witnessed her extraordinary talent in action . I have witnessed people previously wheelchair bound walking again , smiling, looking happy something they never thought they would be .

Charlotte's ability to help people from all backgrounds with a whole host of mobility issues get their pride and self esteem back should be bottled and shared with the world .

Matt Eagles

Head of Patient Engagement

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