



## Life Coaching

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*'The soul, for example, needs an articulated world-view, a carefully worked out scheme of values, and a sense of relatedness to the whole' (Thomas, Moore, Care of the Soul)*

Do you want to:

- ◆ Find a new direction in life?
- ◆ Overcome your blocks and pursue your dreams?
- ◆ Discover your true self, your strengths and your destiny?

### Supporting You

**Life Coaching** is a supportive relationship between coach and coachee (the person being coached). Life coaches help people who are having trouble achieving their goals by themselves. **Life Coaching** helps you overcome blocks, develop competencies and skills and achieve sustainable change. Life coaches encourage you to look forward and discover what you need to create the future you want.

Life Coaches meet regularly with the coachee. Together, they explore what the coachee wants to achieve, set goals and work out an action plan. There are usually several steps, each building on the previous one, and each with regular activities.

Life Coaches talk things through with you and help you bounce ideas around. With support from someone interested in your wellbeing, you're better able to overcome your setbacks. Life Coaches help you see ahead rather than dwelling on the past.

### Goals in Life Coaching

Common goals in **Life Coaching** are: changing unwanted behaviours, developing skills and finding new directions. You may want to better understand yourself, explore your personality discover your talents, improve your relationship skills or understand others more.

You may need to change the way you look at life or do things. **Life Coaching** can help you find what's blocking you from achieving your desires. It shows you the way forward into the life you really want.

Among the issues we can help you with are:

- Life changes
- Self-exploration
- Communication
- Managing conflict
- Personality issues
- Managing behaviour
- Improving relationships
- Finding direction in life – your destiny



There are many more. Let us help you to be the best you can be. If you need some extra support, contact us at the details below and together we can work out a plan for your success.

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