



What is Life Coaching?

Life Coaching is an emerging and rapidly growing field. A Life Coach is similar (for the sake of familiarity) to a football coach. The football coach coaches his players to improve, change and develop so that they can become better footballers. A Life Coach coaches people to enable them to improve, change and develop aspects of their lives (but without the shouting running and press ups!).

Coaching is a partnership between the coach and the client. Normally we'll have a coaching session once a week at a scheduled time. During the session we will focus on relevant information and issues. We'll create and implement strategies, consider different options/solutions, and then you'll make decisions and commit to specific actions to move forward.

With this coaching structure in place, you'll be continually focusing your attention on what you really want. Not only that - you'll be doing something about it! This coupled with me holding you accountable and providing the ongoing help and support, will make it very difficult for you not to make progress.

As a Life Coach I provide the time, space, structure and support you need to help you decide what you want, why you want it, and how you can achieve it. Then you'll put this all into action and achieve your goal.

Why should I use a Life Coach?

The urge for change often does not last long enough for you to follow through - the motivation seems to come and then go. On your own, in the short-term, it's easier for your life to remain the same, rather than do anything about it. But what about the long-term? How many times will you have had the urge to change, but not done anything about it? What will the cost be to you in 5, 10, or 20 years if you're still the same and nothing has changed? Will you wish you'd started now?

Ask yourself this question - Why do I complain, but still remain the same?

I think the problem is that we often follow the path of least resistance. We take the easy option. This is fine in some cases, even the perfect choice in others. But you see when it comes to the long-term happiness of you and your family - don't you think it would be worth a little short-term effort, commitment and action?

The good thing with Life Coaching is that once you decide to change, your Life Coach will hold you accountable, encourage you and gently push you on; so then the path of least resistance is to follow through and do what is required to succeed.

Is Life Coaching for me?

Yes! Anyone can benefit from hiring a Life Coach. People hire a Life Coach for many different reasons; below are some of the recent areas I have successfully worked on with clients:

- To achieve a goal or ambition.
- To reduce the amount of stress and strain
- To create more time, and get organised.
- To improve communication skills.
- To clear the clutter that holds them back.
- To change or improve their career.
- To improve health, wellbeing and fitness.
- To increase self-confidence or self-esteem.
- To improve the balance between work/home life.
- To change the direction of their lives.

Some benefits of Life Coaching

- It gets you focused on what you want, why you want it, and how you can get it.
- It enables you to bridge the gap between where you are now and where you'd like to be.
- It provides structure, and encourages you to do more than you would normally do by yourself.
- It provides you with confidence, support, belief, space, encouragement and motivation.
- It can enable you to reach your goals, or accomplish your dreams/ambitions.
- Life Coaching is an investment in you, and it will benefit your entire life.