

Coaching is life changing

About Coaching

Coaches are specially trained to help you achieve success in work and in life by tapping into your longings and desires and helping to translate them into achievable goals. It's a process that helps you to achieve increased self-awareness, a more balanced life, develop constructive habits and lessen work and life stress.

Coaching is a specific therapeutic process based on sound humanistic and transpersonal psychological principles. Coaches are purposefully trained to show you how to turn problems into challenges and enable you to overcome them by drawing on resources deep within yourself that you might never know you had.

People access coaching for lots of different reasons but the underlying factor is that they want something to change or they need to glide through life transitions with more ease and grace. A personal coach is an investment in your future that helps you to change direction and chart a new course for yourself.

There are a variety of different models. The model we use is holistic. It takes into account the whole picture, the whole you. Imagine a process where the whole focus is on you, on what you want in your life and what will best help you to achieve it. It provides an extraordinary level of personal support and encouragement.

A Powerful Relationship

Picture someone listening to you, not only to your words, but to what's behind them; someone who listens to the spaces between words, who is attuned to the distinctions in your voice and tones, your emotions and feelings, your energy – someone who's intent on listening for the very best in you even when you can't hear it in yourself.

A good coach works with you to discover and learn more about your strengths, weaknesses, dreams and acts of sabotage so that you can break free of the self-limiting conversations you've been having with yourself for years. A good coach is a personal gift to help you live a full and balanced life.

We offer coaching for:

Coaching for Life Fulfillment:

- Helps you identify what's important in life, understand what makes you tick, what your desires, dreams and longings are, what you value, aspire to and are passionate about
- Design and achieve personal life, relationship and career goals
- Provides tools for action and learning that lead to the results you want

Coaching for Work:

- Helps you to align the needs of your mind, body, spirit and soul to work and life choices
- Identify growing edges, personal and professional development needs
- **Leadership development:** develop quality relational skills, enhance team effectiveness, identify limiting behaviours, understand emotional responses, create effective leadership habits
- **Career choices:** changing careers, transitions, life after redundancy, choosing the right job
- **School/University to work:** getting your first job
- **Return to work:** build and renew confidence after a career break

Coaching for Business:

- **Breaking the block:** building better business, exploring potentials, making strong choices, overcoming obstacles and limiting beliefs, focus on growth and development

