

Life Coaching

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...When you want to make that important change...but don't know where to start...

Life coaching is all about empowerment, helping you to clarify your personal and professional goals, identify and work through the strategies needed to meet them and to generate the motivation and commitment to excel and exceed.

Because coaching is totally client-focussed it is an approach which works equally well in the workplace, focussed on business goals, or on any aspect of your personal life, for example in making a career or lifestyle change or in setting personal fitness goals.

Coaching differs from 'therapy' in that it is focussed on where you are now and where you want to get to - it is not concerned about what has happened in the past, it is future focussed and goal-oriented.

Coaching will help you to:

- Define your goals and direction
- Reconnect to your passions
- Inspire and motivate you
- Challenge and stretch yourself
- Boost your self-esteem and confidence
- Provide you with a route map
- Identify the next steps you need to take
- Maximise your potential
- Create your ideal work-life balance
- Help prepare effectively for interviews and presentations

Take advantage of our complimentary Initial Consultation to discuss your needs.

...Free Initial Consultation

Still not sure...or simply want to find out more, please contact us for a free initial consultation.

Appointments can be made at The Natural Healthcare Centre on **01283 516 444**