

**“Happiness is when
what you think, what you feel
and what you do
are in perfect harmony”**

Gandhi

Take that first important move
toward finding the answers
you’ve been looking for
and discover how to
live the life
you’ve always wanted!



**Don't just live your life...
love your life!**

**Life Coaching is designed to help you
take control of your life and discover
new ways to achieve personal
happiness and wellbeing**

Learn what makes you happy

**Overcome issues that have held you
back in the past**

**Learn how to achieve your personal
goals and dreams for the future**

Get RESULTS!

**Coaching is provided by experienced
and qualified professional
Life Coaches from**



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LIFE COACHING PROGRAMME



**Do you want to
change your life?**

**1:1 coaching to
help you get results
and live the life
you've always wanted!**



DO YOU BELIEVE IN THE IDEA OF A PERFECT LIFE?

It's an interesting question to play with. Many people have discovered that they really can develop the perfect life for themselves, but our ideas of a perfect life evolve as our circumstances change, so what seemed perfect a year ago might not seem perfect now.

We change jobs, we move house, we get married (or divorced), we have children all of these things make us look at life differently and it can be useful to take stock now and again to make sure we're still on track.

But what happens when things aren't working the way we want them to?

WHERE DO YOU GET HELP WHEN YOUR LIFE ISN'T WORKING?



Thousands of people all over the world have already discovered the real benefits that life coaching can bring.

Life coaching helps you discover the essential answers to those difficult questions :

- ◆ What do I want?
- ◆ Why am I doing what I'm doing?
- ◆ Why don't I feel happier?

One-to-one personal coaching support helps you to consider situations from every angle and even identify choices you never knew you had.

Your coach will work with you to begin your own personal journey to find out how you can get more of the things you want in your life.

You'll learn how to identify the right direction for you, choose the right steps to make it happen and have a clear idea of what you need to do and when.



Design your own action plan to achieve success then start looking forward to that fabulous "Eureka" moment!

"It is never too late to be what you might have been."
George Eliot

LIFE COACHING CAN HELP YOU :

- ◆ **Change careers**
- ◆ **Find a new direction**
- ◆ **Get healthy or lose weight**
- ◆ **Improve your life/work balance**
- ◆ **Discover what will really make you happy**

Don't stand at the crossroads of your life and struggle with what to do next – make the most important investment decision you'll ever make in your life and invest in YOU!



Choose from our range of coaching packages :

- ◆ **GOLD** – 6 x 1 hour face-to-face coaching sessions with phone and email support
- ◆ **SILVER** – 6 x 45 mins telephone coaching sessions
- ◆ **BRONZE** – 6 x 30 mins telephone coaching sessions

(Coaching sessions will either be over the phone or face-to-face at a local business centre).

Sign up for life coaching NOW!