

Personal Coach – What's it all about?

Personal coaching is confidential one-to-one coaching with a difference. It is an opportunity for you to be supported through the change you want.

Different challenges and issues are presented to us all through life; it is the focus that we choose to take that enables us to move forward confidently.

Personal coaching is designed to gain clarity on what you want and to empower you to achieve the results you demand in most important areas of your life. Just as a personal trainer helps you raise your standards to maximize the results in their body, personal coaching will challenge and support you in attaining the results you desire and deserve in your life.

Personal coaching provides confidentiality and flexibility, allowing you to choose your own outcomes and schedule, whilst your coach measures, monitors, and supports your progress.

How does personal coaching work?

Focus is essential. Together with your personal coach you will begin by defining with crystal clarity the results that you are committed to achieving. You will then assess with where you are right now—to define the gap between where you are and where you want to be. Your coach will help identify the things that keep you from achieving the results you desire—and then help you create a plan that not only works, but will be enjoyable too.

Your coach will help measure, monitor, manage, and support you to ensure that you keep your word to yourself, and take the consistent steps that leads to the results you desire.

Turn setbacks into stepping-stones

How does this work? Setbacks in life produce pain, which either can immobilize you or cause you to work even harder. In the moments of setback and disappointment is when a coach can have the greatest value, or an event—someone or something to break your pattern, remind you of your goals, and put you back on the path of progress.

Once you immerse yourself again and dedicate yourself to your outcome with renewed energy, you start creating results you desire.

Types of coach:

Neuro Linguistic Programming

Business coaching

Unitive Coaching

Life coaching

Coaching benefits:

- Empowering and motivating
- Breaking through barriers
- Stretching you to new possibilities
- Fulfilling and rewarding

Focus areas have included:

Personal development
Relationships
Decision-making
Life changing events
Work-life balance
Stress management
Interpersonal communication
Time management
Self-awareness and self-acceptance
Sports excellence – moving to the next level

Testimonials:

- **Work/life balance** *'I live my life daily now, changing the City life for the Country'* **JOHN**
- **Get moving – get fit** *'Lost 3 stone, Gained energy, a positive attitude, and so much more'*
SUSAN
- **Get the job you want** *'With confidence I was promoted against the odds'* **SARAH**
- **Find your excellence** *'Improved my personal best by 20 secs, unheard off, and now to the nationals!'* **Josh**
- **In a rut – get the life you desire** *'I found my passion and live my life doing what I love'*
RACHAEL

Appointments:

I hold 'face to face' appointment at my Studio (Tadworth) or at the Surrey Centre for natural Health (Chessington), I also coach around the world using technology through Webex, Skype and telephone.

Appointments normally range from an hour to hour and half in length, though it is possible to arrange longer sessions if needed.

As part of the support structure of our sessions I also offer additional support by phone, video and email. This will always be dependant each clients needs.