



Are you currently here?

But would like to be here?

"I believe that the aim of life is to uncover your passion or special gift, and then integrate it into your daily life, so that you feel inspired (and not expired) on a daily basis"

life coaching

WITH CARL MASSY

IN BALI



We could all do with a helping hand sometimes.
One with no hidden agendas, professional
expertise and a genuine desire to help
YOU get what YOU want for
the rest of your life.

carl massy

life coach and health
& fitness professional



Carl has travelled the road less travelled, the road well travelled and a lot of paths in between. He made a habit of travelling the world for one year every five years to disengage from the routine and step well outside the box.



An Australian Army Major at the age of 29, he decided that the box he had learnt innumerable skills in was just not big enough; so he resigned and moved to Salt Lake in 2002 to consult for the Winter Olympic Games. This led to 5 years of consulting to Olympic and Asian Games committees and stakeholders across the world; which honed his skills in helping individuals and organizations get superior results, regardless of their cultural backgrounds or experience.



In 2007 he set off in a different direction. Taking up his long time hobby of helping people find their inner happiness. He fortified his skills in the mind-body connection with formal studies in the USA, followed by a decision to move to Asia. He now conducts life coaching for a diverse range of private clients; and enjoys working with the holistic fitness retreat, Bali Elements.

His work is best described as a blend of conscious strategies with subconscious energy work and NLP. He also likes to pass on his insights and passion for life by delivering presentations on Conscious Awareness and Living.

Carl has a management degree, a diploma in NLP, is a qualified personal trainer, has a black belt in Tae Kwon Do and is a Reiki master. He also does charity work in East Timor and supports small business enterprises in the Philippines and India. Plus he writes regular Happiness Tips on his Blog, and has various articles published on how to exercise your happiness muscles.

To find out a little bit more about Carl, make sure you check out the Happiness Tips on his Blog: (www.carlmassy.com).

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