

Life Coaching

What is “Life Coaching”? Well a *Life Coach* performs the same role as a athletic coach. Essentially no athlete performs to their highest potential, without the help of a coach. So a Life Coach is there to help you succeed (and excel) in the *game of life*. Could you imagine having your own coach, who has a lot of relevant tools and experience, is not emotionally involved, and is there to assist you face all of your challenges, with no hidden agenda!

Unfortunately, people often receive advice from friends, family or business associates, where the person giving the advice actually has their own interests at heart. Whether their self-interests are big or small, they are still likely to be holding you back from achieving EXACTLY what you want or truly need in life. With a coach – you are contracting them to be 100% responsive to *YOUR* best interests.

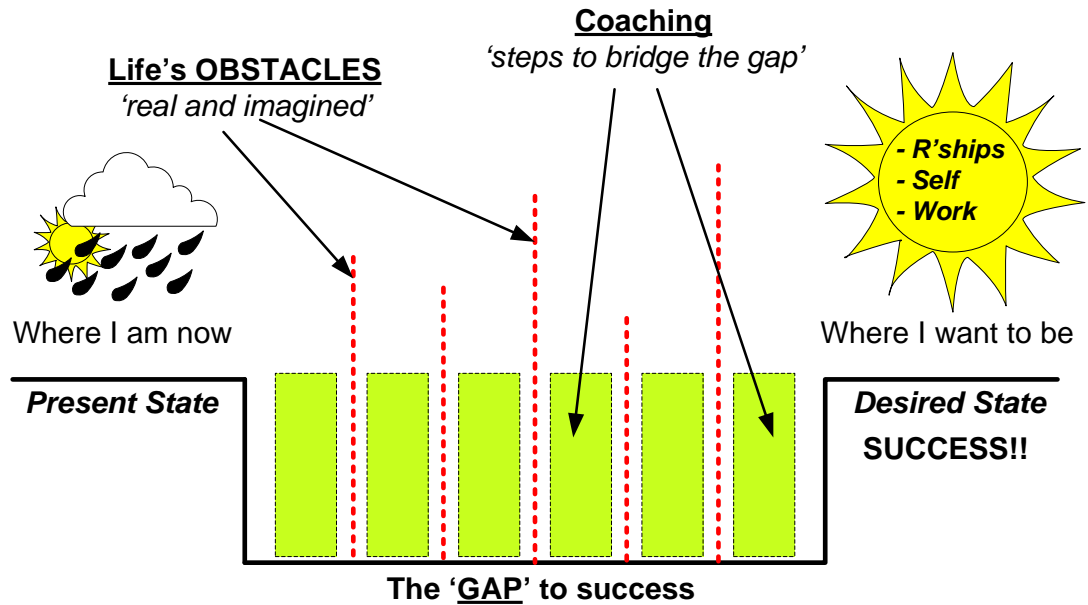
So *Life Coaching* is about helping you to identify your ultimate financial, physical, spiritual, relationship, or career *goals* and then coming up a tailored strategy to achieve each of those goals. Your *Coach* will then use a number of modern Neuro Linguistic techniques to help align your conscious and subconscious mind with this strategy; while providing you direct, unbiased and effective encouragement along the way. Your *Coach* will also ensure that your Needs, Values, and Beliefs truly support your goals.

Life Coaching will definitely benefit you if you feel any of the following:

- Directionless, confused, overwhelmed or frustrated;
- Fearful of *things* in life;
- Low energy levels;
- Stressed out;
- Low or fluctuating self esteem;
- Constantly thinking about the past;
- Over-sensitive to life, food, insects, flying, public speaking (or other phobias);
- Relationship challenges...(whether you are single or committed).

The techniques our Coaches have at their disposal include:

- Counselling
- Hypnotherapy
- Reiki
- Timeline Therapy ©
- Neuro Linguistic Programming (NLP)
- Health & Fitness Profiling



Coaching helps you remove, by-pass or demystify your most significant obstacles and provide you with the steps (or tools) to effectively bridge the gap between where you are now and where you truly desire to be.