

Life Coaching

AN INVESTMENT IN YOURSELF

A life coach is a bit like having a personal trainer for your life. Instead of making your body fitter we collaborate to make your life more fulfilling, agile and stronger.

In pursuit of a different perspective I'll assist you in ...

Life Clarity

Life Direction

Personal Goals

The Natural You

PTO

Are you ready to take the first step to a new perspective?



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Life Coaching

Find Clarity

Its not broken, it just needs untangling!

I will help you to find clarity amongst all the demands and challenges life throws at you, examining and guiding you to asses and align your priorities.

Explore or find new life direction

Creatively explore new possibilities, evaluate options and how this may impact on your life and relationships.

The Natural You Know how you are wired

What comes easier for you (strengths) and what are your struggles (weaknesses). I'll explore with you and help you identify the Natural You and how you can apply this to get the best out of life within your unique life circumstances.

Review Your Goals

Evaluate, explore and set new goals and develop an Action Plan towards achievement. I will also help you in your progress with accountability check-ins.

I have a friendly open style to my coaching. In a progressive and non-judgemental way I will guide and explore with you any areas of your personal, business or career life.

I'll do a lot of listening, I'll encourage, gently challenge and insightfully question, all in 'safe place' with utmost confidentiality and empathy.



Supporting you to grow, develop,
find clarity & forge new directions

Are you ready to take the first step to a new perspective?