

What is coaching?

Coaching is a process that helps you to unlock your potential, maximise your performance, and helps you to get the results you are hoping for. It supports you to bridge the gap between where you are now and where you would like to be far more effectively than if you worked alone.

I can help you achieve this by:

- Raising your awareness through using powerful questioning techniques to enable greater clarity on what you want to achieve and why.
- Supporting you to create practical step by step action plans to reach your goals.
- Helping you to break through any challenges, obstacles or beliefs that are barriers to your progress.
- Providing you with tools, techniques and strategies to create lasting change and success.

Coaching can be applied to any part of your life, where there's a desire to achieve, accomplish or change.

How do I know if coaching is right for me?

- If you want to reach your goals as quickly and as effectively as possible.
- You feel unfulfilled, overwhelmed, or that you aren't reaching your potential.
- There is a gap between where you are now and where you'd like to be.
- You feel ready to make a change but need clarity on what comes next.
- You're operating within your comfort zone, and don't push yourself when you'd like to.
- You need someone to help you maintain motivation or beat procrastination.
- You want to be confident in the decisions you make, and move forward without self doubt.
- You dream about a better work life balance, you're ambitious and have big aspirations.

If you can say yes to any of the above questions, and you're ready to take action, then coaching can certainly help you to live your best life by helping you to make improvements so you can reach your goals.

A coach is not a counsellor, a therapist or mentor or a consultant. Coaches don't give advice, and are not experts in your life, you are. I help you turn knowledge into behaviour. By focusing on future possibilities rather than past circumstances.