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Life Coaching Today

I am a qualified specialist life coach who works on a personal level to help and motivate clients. I run my own private practice and work with many clients empowering them to get the best out of their lives on a daily basis. Working with you on a personal level and through specialised techniques I can show you how to overcome any obstacles that life has thrown at you. When we feel there is nothing we can do to make something in our lives change, we have the tendency to push it aside and carry on in the same circle that just keeps going around and around. Discover Your Greatest Self. TAKE BACK YOUR LIFE. Do you need help in the following... I specialise in grief, stress & depression... Life is hard at times and even harder when we have nowhere to turn, coaching is a positive way to empower you back. Do you desperately need change and help through a hard time? Are you stuck on the same wheel that just keeps turning & turning? I have had professional training and can help you get back on track. I can also help with the following: Work life balance Time management Career change and job satisfaction Stress management and reduction Life skills or social skills Decision making and motivation Bereavement and loss Self confidence Personal development, growth & awareness Confidence building Low self esteem or self worth Alcohol or drugs dependency Impact of abuse and violence Life changing events Loss of meaning or purpose in life Relationship and family problems Happiness and fulfilment Maintaining a healthy life style Retirement Life coaching could help you face and find a way through your difficulties and challenges. But how do you know if this option is the most appropriate way for you? Life coaching shares many features in terms of being listening therapies, seeking to empower clients to access inner resources, to make sense of their lives as they currently live them and to engage with growth and change. They are both collaborative ventures based on trust, openness and personal

commitment. It is my passion and profession to help you back, please contact me for further information.
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Life Coaching - specializing in Grief, Stress and Personal Development



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