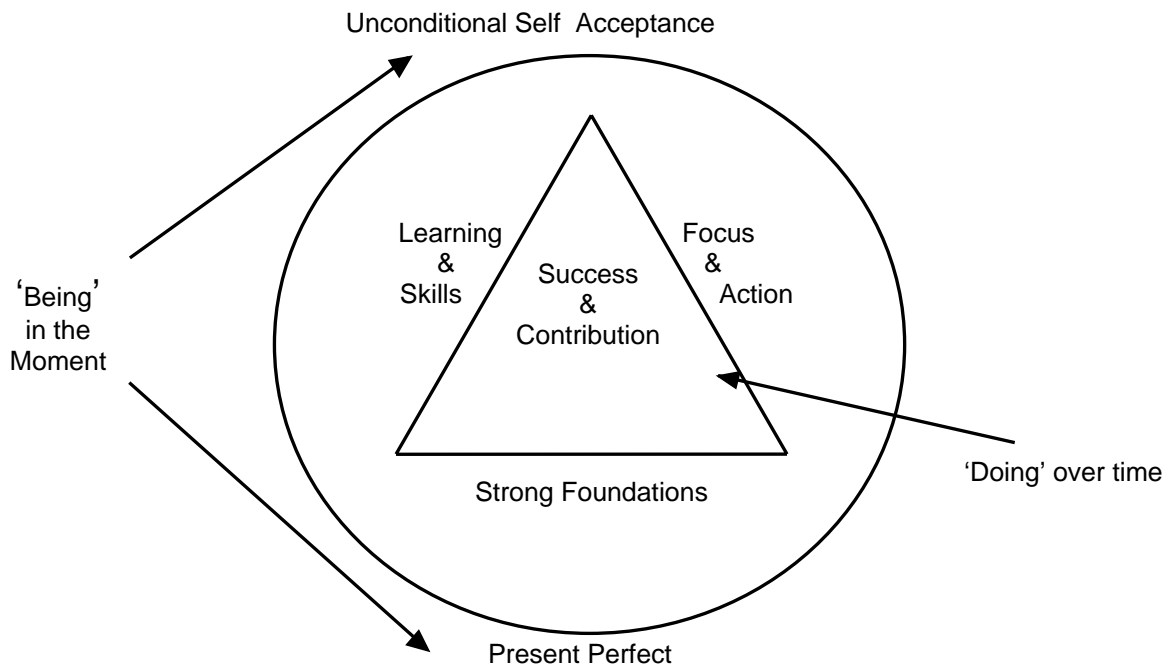


Coaching Overview



As coaches, we work with you to achieve results that you care about – success (whatever that means for you) and contribution in the different areas of your life and work. For particular aims and projects we help you clarify what you want, develop strategies, focus and take committed action. Along side this, we help you develop the basis for continued and sustainable success – by building strong foundations in your life and learning and developing new skills.

Strong foundations means having a secure base from which to operate and express yourself in the world, whatever goals and projects you choose to undertake. This includes having a good physical environment, taking care of your health, career and finances and having good supportive relationships.

You will also want you to learn with time and experience and to develop new skills to support you with whatever you are involved in.

As you work in this way there can be a subtle trap to be aware of and avoid. All of this change takes place over time and has no limit or end point as you continually change, develop and focus on new areas. You can always conceive of yourself and your life as being 'better' or 'more' in the future and can make your happiness and self-acceptance dependent on that future – always a little way ahead of you.

A greater truth and perspective is that you do not have to do, have or achieve anything in order to be okay and to deserve your own love and acceptance. And nothing has to change for you to be happy – the present is perfect with the people, experiences and learning you require for your soul's journey. By it's very nature 'being present' is not something you can do but you can develop supportive habits such as reducing stress, making free time, meditating or spending time in nature, practicing gratitude, being self-supportive rather than critical and looking on every experience as a learning opportunity.

Attempting 'to live in the moment' by denying that you have dreams and care about what happens is not the answer. The real challenge is to accept and integrate both the being and doing aspects of your nature. We live and coach with the paradox

The SELF-Factor, with sustaining, empowering, listening and friendship, permeates and underpins the whole coaching process and supports you in this integration – so that you move from success to fulfilment.