



What is Life Coaching?

A Life Coach gives people confidence and the ability to move forward in a positive manner in the areas of their life where they crave change.

Life Coaching is about breaking down the barriers, which prevent this change from happening and creating the ideal environment for positive action to take place. It is a totally holistic approach which looks at the present and sets goals for a totally successful future.

Life Coaching begins with an awareness that every human is born with the ability to be, do or have, whatever they want in life. By the time we become adults, many of us have lost this ability. But eventually, we experience the feeling that our lives are drifting off course and that there must be something better than this.

Coaching can take place face to face or over the telephone or via a video call. It can be used with private individuals or within a business environment. Life Coaches can specialise in particular areas or offer a general service. In essence, Life Coaching is a highly practical and portable skill which can be tailored to suit you and your clients.

Life coaching is future-focused. Therapy and counselling generally deal with a single or specific problem by looking to the past. Life coaching takes a more holistic approach. It deals with a whole life situation starting from the present. The coach helps each client to identify what they want in life and suggests strategies and tactics that will take the client from 'where they are now' to 'where they want to be'. This process assists the client's personal growth. They are no longer alone but have an ally who will work with them to establish better goals, sustain momentum, overcome setbacks and to steer towards success.

Life coaching originated in the USA over a decade ago. It has recently gained public recognition in Australia and is enjoying phenomenal growth as more and more people discover the advantages for themselves.

Clients gain massive benefits in all areas of their life and relationships. The procedure is non-stressful with typical consultations by telephone at pre-arranged weekly intervals.

Our Commitment to You

Life coaching is a special relationship between a professionally trained coach and a client. Coaches help people from all walks of life and each relationship is unique. In every case, the outcome is that each client is more focused on their objectives and achieves these faster than if they worked alone. As your coach, we assist you to gain a fulfilling, successful and stress-free life.

A coach is non-critical and non-judgmental and guides the client to the recognition of their own vast personal potential in a way that is far greater than the support of family or friends, whose views may be clouded by their own issues and problems. Coaches are totally committed to each client but maintain impartiality which allows them to clearly see the way forward and to encourage and monitor progress by stages.

Congratulations on taking this immensely significant step towards your personal success and transformation.