



## ***Life! Where to from here?***

Where are you now in your life?

Is your life full of excitement, enthusiasm and the desire to get out there and do and be the best person you can?

OR

Are you stuck? Not knowing what you want? Torn between keeping the status quo and being unhappy with some aspects of your life?

## ***Which scenario resonates with you?***

You deserve to be happy - to have great relationships and a fulfilled and rewarding life. To have people in your life that support and encourage you.

## ***So, what's missing from your life now that you want more of?***

As Stephen R Covey said in his book, *The 7 Habits of Highly Effective People*, "*Begin with the end in mind is based on the principle that **all things are created twice**. There's a mental or first creation, and a physical or second creation to all things.*"

## ***Life is meant to be lived in joy and fulfilment!***

Whether you're starting a new business, changing career, ending a relationship or creating a fitter healthier you, coaching accelerates your journey.

Coaching provides the platform to launch you into a life of your choosing. In our coaching sessions (that are up to an hour) we follow a process of questioning that will help you to clarify any issue and the circumstances of the situation. This will lead you to considering what options are available so that you may start to solve the issue and move forward to a satisfactory resolution.

You will decide what if any action you will take and you will be responsible for the outcome. Your life is in your hands.

## ***What do you choose?***