



Achieving Your Goals With Coaching

Special points of interest:

- Coaching or “motivational counselling” can help realise untapped potential
- Focused work with a professional can assist in fulfilling personal dreams
- Many barriers come from a deep-seeded fear of failure OR SUCCESS!



Successful athletes receive professional support to achieve their goals.

Why shouldn't you?

Coaching can help you work through these three questions:

- What do I want to do with my life?
- What is stopping me from doing it?
- What am I prepared to do about it?

The answers to these questions are complex and for some people the answers will not come easily. But working with a qualified professional can provide a supportive environment in which to find clarity of purpose and to discover the barriers that are holding you back from delivering results.

- A series of strategies and techniques are used to help you:
- Clarify what you want from life
- Set yourself effective goals
- Monitor your progress on your journey of change
- Stay focussed and challenged
- Find a balance between professional and personal responsibilities
- Stick to your commitments
- Continually reassess and re-examine your ideas, plans and strategies

Embrace Life

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Embrace Life counselling service is based in Artarmon and provides:

- general counselling for grief and loss, which includes divorce, relationship breakdown, job loss, retirement, or bereavement
- specific counselling for individuals, couples and families touched by cancer, paying particular attention on the impact on men
- a face-to-face, telephone or webcam service including after hours appointments.

It's all About Change

Some people can decide to make changes in their life and move directly to their goal, with no hesitation or deviation. Some people are really good at starting to make changes but things grind to a halt really quickly. Others find it easy to start but come up against barriers that they find difficult to overcome. Most, though, do not even know where to start, and become frustrated at their inability to achieve their goals. Creating a close relationship with a coach can provide the skills, discipline, insights and impetus to make the journey of change more pleasant and successful.

Are you ready to conduct
your life differently?



How Can Coaching Help?

Coaching can help you achieve clarity of purpose and to choose the life path that will serve you best. A professional relationship with a counsellor will keep you focussed on completing the tasks to reach your goals and to enjoy the journey along the way. This process will help you discover what is important to you and what you want to spend your time and energy doing.