

About Life Coaching

Do you want to:

- ◆ Find a new direction in life?
- ◆ Overcome your blocks and pursue your dreams?
- ◆ Discover your true self, your strengths and your destiny?

Supporting You

Life Coaching is a supportive relationship between coach and coachee (the person who has the coaching). Coaching helps people having trouble achieving goals by themselves. Coaches help you overcome blocks, develop competencies and skills, and achieve sustainable change.

Life coaches encourage you to look forward and discover what you need to do to create the future you want. They meet regularly with the coachee. Together, coach and coachee explore what the coachee wants to achieve. They set goals and action plans. There are usually several steps, each building on the previous one, and each with regular activities.

Life coaches talk things through with you and help you bounce ideas around. With support from someone interested in your wellbeing, you're better able to overcome your setbacks. Life coaches help you to see ahead rather than dwelling on the past.

Goals in Life Coaching

Common goals for Life Coaching are: changing unwanted behaviours, developing skills and finding new directions. You may want to better understand yourself, discover your talents, improve your relationship skills or understand others more. You might change the way you look at life or do things. Coaching helps you find what's blocking you from achieving your desires. You find the way forward into the life you want.

Life Coaching Issues:

- ◆ Life changes
- ◆ Achieving goals
- ◆ Self-exploration
- ◆ Communication
- ◆ Managing conflict
- ◆ Personality issues
- ◆ Managing behaviour
- ◆ Improving relationships
- ◆ Finding a direction in your life – your destiny

Get in touch with us below for more information or to book a session.

Dr Pauline Enright Mobile: 0409 191 342
Email: pauline@radianceshobart.com.au

PO Box 907, Sandy Bay, TAS 7006
Website: www.radianceshobart.com.au
