



## The Coaching Relationship

Imagine a relationship where the total focus is on you, on what you want in your life, and on what will help you achieve it. Imagine someone listening, not only to your words, but also to what's behind them - who even listens to the spaces between the words. Someone in tune with the nuances of your voice, your emotion, your energy - who is intent on receiving everything you communicate. Imagine someone who listens to the very best in you even when you can't hear it in yourself.

## It's all about YOU

Personal Coaching is about you. It's about getting clarity on the vision you have for your life, moving quickly towards that vision and knocking down road blocks as they are encountered.

## Sustainable Results:

- ❖ See how your habits build – or block – your development
- ❖ Learn how to listen more deeply to yourself and others
- ❖ Understand the power of words to shape your future
- ❖ Develop powerful new habits to support your desired life
- ❖ Engage life with even greater passion

## See how your habits build - or block - your development

- Coaching will act like a mirror so you can see your current habits.
- Understand the relationship between habits and unconscious living.

## Learn how to listen more deeply to yourself and others

- Discover more about yourself by learning to listen to yourself.
- Get to know your inner dimensions even more.

## Understand the power of words to shape your future

- Words have incredible power. Learn just how much.
- Learn how to create your life by changing the words you use.

## Develop powerful new habits to support your desired life

- Learn techniques that will enable you to continue creating your life for as long as you desire.
- See the positive effect you have on the world as your new habits ripple out and affect change in others.

## Engage life with even greater passion

- Gain a deep understanding about who you are now and what you want your life to be.
- Passion for life wanes over time. Give yourself a passion boost

## Unbind Your Roots

**Like** the bonsai tree our roots become tightly bound (by circumstances and conditioned beliefs) and we find it hard to grow.

**Unlike** the bonsai tree we can unbind our roots (through insight and practice), enrich our soil, expand our root system and grow to whatever height we choose.

## Awareness Coaching (1 to 3 months)

A short, intensive program targeted at building personal and inter-personal awareness and gaining an understanding about how past conditioning creates current habits. A personalized 'I Create My Life - Roadmap' will be constructed to guide further development.

## Create Your Life Coaching (4+ months)

An extended program designed to deepen personal understanding and create sustainable long term change. Learn and integrate new personal development habits into daily life. Extend and refine your personalized 'I Create My Life - Roadmap'.