

Another Journey Begins™

COACHING

We all experience change in our professional and personal lives. Research has shown that those who start out new journeys by writing down their goals and referring to them are more likely to be successful than those who do not.

What is Coaching?

Coaching is client goal centred. It is not psychotherapy or counselling, it is concerned with the where you are now and your brilliant future ahead. Everyone has all the resources they need to change, yet they often find the hardest step is the first. Coaching is a one-one confidential relationship between coach and client with the focus on client results. Coaching will help you identify what it is you want to change and how you will achieve it.

What are the benefits for clients?

You and your life will change. You will feel more energised to move forward. You will have more personal satisfaction and success. You will have enabled change and have a sense of achievement. You will have started another journey of your own.

What is my role as a coach?

I believe everyone has amazing hidden abilities. I start from a blank sheet of paper and help you uncover what and how you want to change. You will have hidden abilities and motivations which, when discovered, may well empower you to start and continue through your new journey. I am committed to helping you achieve your journey; I'll keep you on track and focussed. I will help you believe in yourself so as to maintain a positive forward focus. Together we will find out what's holding you back and how you can take steps to eliminate these so you feel energised to move forward in a purposeful way.

What is expected of a client?

Success will only come to clients who are committed and enthusiastic about making a change, or changes. They need to be open and honest.

Let me support you on your journey
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