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## Mothers Day and Fathers too ...

We all have a mother and of course a father too and most of us will remember them particularly on their special days whether they are with us still or have long departed this earth. But today I want to look a little beyond the cards and flowers and give more thoughts and consideration to how that significant relationship has shaped us to be the people we are today.

We all owe a deep debt of gratitude to our parents for creating us in the first place, then for giving us roots and an identity and bringing us up in an environment where we progressed through the stages of infancy through to adolescence. The best parents then gave us wings to fly and instilled in us the confidence to use those wings to fly to explore the world and soar to the heights of our own vast potential. That however for many individuals is an ideal situation and one which a great many people feel they have missed out on.

In my work as a coach I see how many of our attitudes to work, relationships and life in general are coloured by how close our life has come to this ideal. Any couple can become parents without any training, lessons or experience. So, it is not surprising that many fall short of the ideal that we might have felt was our due. This is not a time for misgivings, though it is a time for recognising that what has been done cannot be undone, or things that have been said cannot be unsaid, therefore in order to move on in a positive way it is a time for forgiveness. You are also the product of what you think, so Mothers Day is a great time to eliminate any negative thinking about your parents. It is a time to accept that your parents did the very best for you that they could with the resources available to them at the time. Like you, they only discovered what they didn't know when they needed to know it - so it is hardly surprising that they made a few mistakes along the way!

However, I would like to exclude parents who wilfully mistreat their children from this general observation. These individuals will require a greater effort for forgiveness but it is an effort worth making. Some coaching clients are held back in achieving the great things in life because there is simply no room to let them in. If you harbour a resentment or grudge, it will fester and impact on every other aspect of your life, and that is like trying to cycle uphill with the brakes on. The way to release the brakes is simply to let go. That maybe sounds like a very simple thing to do but the relief when the client gives themselves permission to let the grudge go is palpable. I ask them three simple questions:

1. *Could you let that feeling go?*

## About Barbara Cobbold

I am an experienced and qualified Coach with many years of working with people in educational and social settings and have helped numerous people achieve their goals through my skills. The methods I employ are wide and varied taking in intuitive questioning techniques, coaching skills, NLP as well as enhanced listening and questioning.



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## What is Coaching?

**Do you ever read inspirational stories in magazines and wonder why this person's life is so blessed yet yours is so lacking?**

Yet when you start to read the article invariably the person you are reading about has not always had it so easy.

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## Conflict Resolution Coaching

With change can come conflict and generally individuals struggle with the change as it makes them feel insecure and unsure of their position in life. The insecurity can manifest itself in many ways and often this results in conflict.

**The good news is that it doesn't have to be this way!**

2. *Would you let it go?*
3. *When?*

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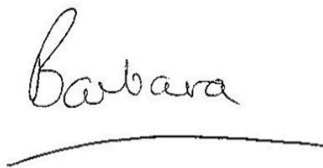
Their answers invariably lead to the client becoming aware of the way forward and going for it. This process also has a positive impact for clients who are parents themselves. In understanding their own parents, they find a greater understanding of their own children.

In the final analysis we all have a choice - we can carry negativity and bitterness to the grave or we can decide right now to let it go and replace it with love and happiness. Be sure to share that love with your parents now before it is too late.

I hope you are enjoying my regular newsletter. It would be really great to receive feedback about what you like about them and what you would like more of so that I can tailor future editions to meet those needs. Please feel free to email me through the website or directly at [barbaracobbold@msn.com](mailto:barbaracobbold@msn.com).

Have a lovely time as Spring bursts forth!

Best wishes



## Training Courses

I am very experienced trainer having delivered many training courses to businesses of all shapes and sizes. Please feel welcome to contact me to discuss your training needs and I will devise a programme to suit your requirements.

[more >>>](#)

## Contact Barbara

"Change is a place of seeing beyond the life you had planned into new possibilities of what life can be"

**Please [contact me](#) now to arrange your FREE introductory life coaching session!**

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## Barbara's Blog

For more information on coaching, some great tips and strategies, please have a look at my blog!

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