



[home](#) | [about barbara](#) | [what's coaching](#) | [dear barbara](#) | [conflict resolution](#) | [team coaching](#) | [training courses](#) | [newsletters](#) | [blog](#) | [testimonials](#) | [contact barbara](#)

The Promise of Easter ...

As I sit writing this newsletter, the sun is shining in through my study window and the birds are singing in the garden as they busy themselves with looking for sites for their nests, and it is a day that I am glad to be alive. I think this is my favourite time of year and I am eagerly looking forward to the Easter weekend.

Easter is one of the most special public holidays of the year. Of course, there is a special significance for Christians, but there is also something in the air for everyone.

As the mornings and evenings grow lighter and as the last of the winter frosts disappear, there is a great feeling of a new beginning. The first trees are in blossom and the others have lovely green buds. The grass is starting to grow faster than even the most avid gardener can cut it.

This is a great time of year to look back at those New Year (re)solutions, to review progress and to take any corrective action needed.

It is surprising how the seasons affect our feelings and attitudes. The chances are, those resolutions were made in the midst of a cold, gray and wet winter's day. That probably made your emotions and your optimism pretty cold, gray and wet too. However, when the natural world is bursting forth with the promise of a glorious spring and the warmth of the summer, this is an ideal time to decide that you too will start over and put right anything that you feel needs correction in your own life.

Unless humans interfere with nature, it has its own graceful balance. The old and used makes way for the new and vibrant. Anyone can do the same with their own thoughts and attitudes. Perhaps those fondly held beliefs that served you so well in the past are due for an overhaul. Perhaps it is time to restore your own natural balance.

Balance means harmony rather than discord, so could it be time to take a close look at all aspects of your own life - relationships, career, health, finances, leisure and talents and see where your old values and ideas now need to move aside to make room for some of the new growth in your life?

You would have to be a very cold person indeed to ignore the promise of Easter, so why not make a promise to yourself this Easter to have a look at your life and give it a thorough overhaul? Remember, as a life coach I could help you to examine those areas of your life to discover new aspects to

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.



[more >>>](#)

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!

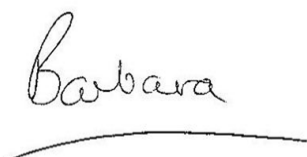
yourself and clear out the old beliefs and attitudes to make way for the new to come in and help you to live the life you know you want and deserve.

[more >>>](#)

Enjoy your time over the Easter weekend and remember to take time to review those resolutions to see how they are coming along. I am always pleased to hear from you about the newsletters, particularly if they have made you think, or even brought a smile to your face.

Don't forget to check out my [Blog](#) which you can access through the website www.barbaracobboldcoaching.co.uk and keep an eye on the website as I am developing new training courses and programmes which I will publish on there.

Happy Easter



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!**

Barbara's Blog

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

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[home](#) | [about barbara](#) | [what's coaching](#) | [dear barbara](#) | [conflict resolution](#) | [team coaching](#) | [training courses](#) | [newsletters](#) | [blog](#) | [testimonials](#) | [contact barbara](#)

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