



# Barbara Cobbold

Personal & Corporate Coaching

"Are you leading the life you deserve?"

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Hi Everyone

A friend of mine recently told me that after 20 years of working for the same company, she was being made redundant. As she wept and cried about her news it occurred to me that she saw this as being the end of her life as she knew it. She could clearly see the difficulties she would encounter as she tried to juggle her finances, work out her status again in relation to other members of the human race and try to determine who she really was. She was tormented by thoughts of "What will happen to me?" "Who am I?" and "How will my life continue as I know it to be?" Her distress was evident as the realisation hit her that life would, indeed, never be the same again.

Why is it that whenever we are faced with a challenging situation we can only see what we are losing? We tend to frame things in such a way that our life will never be the same again and that the changes will be to our detriment.

## Does this sound familiar to you?

How would it be then if, instead of thinking of this impending happening in negative terms, we could frame it in positive terms? Instead of thinking about what we are losing, what will we be gaining?

Yes, we might lose some of our income and maybe our status, but what will we be gaining in terms of freedom of time and opportunity?

When our lives are settled and constant we can afford the luxury of having a moan about our employer, but suddenly when we may lose the stability this has given us, we forget about all the negative aspects of the job and fear the changes that may be imminent for us.

In reality what we fear the most is change. We imagine change to be bad, to be difficult and seek to hold onto the things that we know. We dread the changes and seek to find stability. But what if we could see change as a good thing, something to be embraced and enjoyed and new challenges to be met? Change that will stretch us a little way out of our comfort zone to experience things on a

## About Barbara



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. [more >>>](#)

## 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!** [more >>>](#)

different plain and maybe, yes, even enjoy?

**Are you facing changes in your life** - perhaps a new job, a house move or a new relationship?

Are you looking forward with open eyes to see all the opportunities this can offer, or are you stuck in the past, trying to replicate all the old comfortable ideas that you know so well?

**Why not step forward in confidence to try something new?** Who knows, the change may be good, it may add a whole new dimension to your life and make you feel good about life and your place in it.

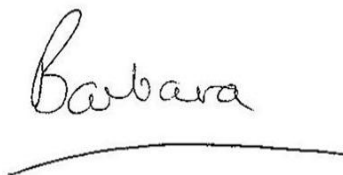
If you are facing changes in your life and don't feel confident about what that change might bring, try to turn it on its head and rather than looking for all the reasons why change is bad, look for some of the opportunities this has given you, not what it has taken away, and move towards the change in confidence.

Check out how coaching could help you to move forward in confidence by visiting my website:

[www.barbaracobboldcoaching.co.uk](http://www.barbaracobboldcoaching.co.uk)

Until next time, step out in confidence and enjoy the opportunities the Spring sunshine is bringing!

Best wishes,



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## Barbara's Blog

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

[read the blog >>>](#)

## 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!**