



Barbara Cobbold

Personal & Corporate Coaching

"Are you leading the life you deserve?"

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Hi Everyone

Everyone can make a difference!



Do you know the woman in this picture? Her name is Rosa Parks. When Rosa Parks refused to give up her seat to a white man almost 55 years ago on December 1, 1955, she was tired and weary from a long day of work, but her one small act of defiance on that particular day was the start of a period of change not only in her life but in the lives of countless others. It all started with Rosa's conviction that this was a time for change.

I wonder whether you have something in your life that one day you will decide enough is enough and you will take that first step towards change and take control of that aspect of your life, setting it off on a new track?

For Rosa, I guess her day started much the same as any other; she went to work as usual, saw the same people as usual and travelled home as usual on the bus. However, that particular day something extraordinary happened for her; she decided enough was enough and when she was told to move out of her seat and move to the back of the bus, she refused. That must have taken tremendous courage, but she was resolute in her determination and from that point on things began to change as others questioned the blatant discrimination around at that time.

What transformed Rosa from being an ordinary person to being an extraordinary person?

What would that catalyst be that will transform you from being an ordinary person to being extraordinary in the way that you see yourself and others see you?

I know of people I have worked with as a coach who may be in situations where they are "putting up with" the behaviour of a partner, work colleague or friend, sitting

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.

back and allowing things to happen and not saying anything to stop their actions.

What stops my clients taking that step?

Sometimes it is fear of reprisals, fear of the unknown reaction this will cause and so they continue to allow this person to influence their life.

How can I as coach help them to take those steps to resolve these issues?

Through coaching, clients can be helped to explore the actions and reactions by pursuing a series of directed questions to reach an outcome.

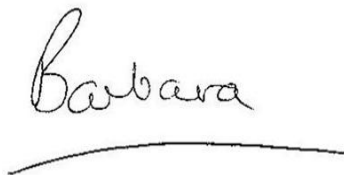
Often, we put up with whatever it is, in the hope that things will get better. The reality in fact is quite different. By not challenging the negative behaviour, we condone it and allow the person to continue, thinking it is acceptable.

Coaching may not be magic - but the results are certainly magical!

Remember, every journey begins with one small step. By taking that one step, you too could regain control of the situation and change that course of events for your life.

Will you be known as the one who took a small step to change something, or the one who stood still, did nothing but moaned about what others could or should do?

Let's celebrate small steps towards big changes.



PS: Please feel free to forward on the newsletters to friends and family who you think may enjoy them, or better still get them to sign up on the website to have their own copy delivered to their inbox. Check it out at

www.barbaracobboldcoaching.co.uk

Please let me know what you have found useful so that I can write future editions with you in mind!

Barbara's Blog

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

[read the blog >>>](#)

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

[more >>>](#)

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.

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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!