



Barbara Cobbold

Personal & Corporate Coaching

"Are you leading the life you deserve?"

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Spring Clean your Life ...

Spring cleaning has its origins in ancient history. Back then, when there were no labour saving devices and electricity, Spring marked the start of the season when the weather allowed a complete cleaning of the house or cave.

Since then, the tradition has been maintained but now there is a new angle. It is called Coaching and it is, in effect, Spring cleaning for your life.

Coaching is one of the most effective ways of staying green and growing instead of becoming ripe and rotten. It is simply a way of looking at where you are now and where you want to be in the future and how you are going to get there.

I am a trained Coach and I help my clients get there in just a series of one hour telephone conversations at weekly intervals. A few people can do it for themselves but the vast majority find that having an outsider like me to keep them on course is a vital ingredient in their life spring cleaning. Quite honestly, I am not interested in how you got to be where you are now, the only place you can start to change your life is here and now. So, I help you focus on the future and the actions you need to take to achieve the positive results you desire. In the same way that our homes can become musty during the winter months and often look in need of a lick of paint, so our lives can become a bit tattered and full of mental junk that no longer serves us so well as it used to do.

We all carry a lot of excess baggage in the form of worry, guilt, false beliefs or expectations. I firmly believe in the power of a positive mental attitude to help us begin to achieve some of our potential. Through the coaching, I help clients let go of the baggage to create room in their lives for new and exciting challenges. Many clients are amazed at the positive impact that even a small change or shift in attitude can make - this really is Spring cleaning for the mind.

So, in the same way that the onset of Spring is often the catalyst to trigger a burst of domestic action, so allow me

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

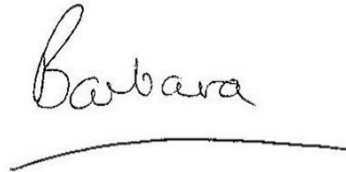
With change can come conflict and generally individuals struggle with the

as your coach to be the catalyst that allows amazing and positive changes to happen.

If you are feeling weighed down by negativity, why not contact me now to help you sweep the cobwebs from your mind and life and discover the hidden gem underneath?

Contact me now on 01377 254493 or through the website www.barbaracobboldcoaching.co.uk.

Happy Spring Cleaning to you all!



Barbara's Blog

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

[read the blog >>>](#)

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 >>>](#)

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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