



Barbara Cobbold

Personal & Corporate Coaching

"Are you leading the life you deserve?"

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Retreat for Summer Miracles ...

Indians, we are told, do it more often than any other nation. People with religious beliefs may do it once a year. Captains of industry do it less often. YOU can do it whenever you like!

For centuries the practice of taking time out to do something different has been recognised as a sure fire way of re-charging your batteries, igniting your enthusiasm and solving problems. In commerce it is sometimes called a sabbatical; others may call it going on a retreat.

You don't have to spend a week as a hermit on a mountain top! Just one day will release amazing benefits and the best part is that it doesn't have to cost anything.

Many of my clients benefit from this simple change to their routine. When you put a little distance between yourself and your routine challenges or issues, you see them in a different light and from a different perspective. You may even create a few miracles for yourself as a result. These will come as flashes of intuition that can lead you to take the action needed to resolve a problem.

Here is a little experiment for you to try. Take an apple and hold it close to your face so that it touches your nose. You will see a small part of it. Now hold it at arms length and you will see the whole apple and its textures and colours. Now look at it from the other end of the room and you won't see the detail but you will see it in perspective and in true proportion to its surroundings. It is the same with issues and problems, you add distance and you will see them from a new angle.

Summer is a great time to do this. Simply set a weekday date aside in your diary right now, a day when you will take off to the seaside, the hills or the countryside. Go by car, train, bus, bike or foot but go somewhere you have never been before and where you can be sure of some space alone. Set off early and plan to be out all day. Leave your mobile phone at home and travel light. Then just wander around for the day, thinking of nothing, focusing on the "now" experience.

Many coaching clients are amazed how easy this is. They are "off the leash" and, just by being in a different place, they find that their thoughts turn to solutions and answers rather than problems and challenges.

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.

You create in life what you think about, so if thoughts become things why not think the good things!

So, make that date in your diary now. Look forward to it, keep it without feeling guilty, enjoy it and return refreshed.

Barbara Cobbold is a Life Coach and is always happy to discuss this or other aspects of coaching, why not contact her now through the website www.barbaracobboldcoaching.co.uk or on 01377 254493.

Why not contact her to tell her how you have taken your retreat and how it has helped you gain a different perspective on your issues?

"If you keep doing the same thing, in the same way, you will get the same results. Your one day summer retreat may be the one enjoyable change that you need to create those special miracle results that you know you deserve!"

Are you a regular follower of my blog? If so, I'd love to hear from you, so why not leave a comment on my blog with your opinion. In fact, if you subscribe to my feeds you can then return frequently to see how the blog develops! Click on the link below for more information.

Have a happy (re)treat!

Best wishes to all.

Barbara

Barbara's Blog

For more information on coaching and 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.

[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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