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Time to Relax ...

Those hazy lazy days of summer – weather permitting – are ideal times for doing nothing, either on an annual holiday or at weekends. And yet, for all too many of us we are so used to absorbing information, working against the clock, commuting and just dealing with life that we are unable to totally unwind or relax.

Relaxation is a skill that can be learned, just like any other, in fact it is more than a skill, that is why we are called “human beings” and not “human doings”.

Many of my clients come to me with a feeling that “life should be better than this”. During their first coaching session, it transpires that their life could indeed be better. These same clients are surprised when I suggest that they could achieve more by doing less.

If you constantly keep a muscle under tension or strain, it will ache and eventually fail. It needs periods of rest to remain in good working order. This holds true for your entire being – your mind body and spirit. You must take time out to relax.

Relaxation does not mean lazing on a settee watching television, this can be the exact opposite of relaxation, especially if the programmes are full of bad news, violence or crime. My approach to helping clients relax is to show them how to switch off completely, how to do nothing except enjoy their “now” moments and how to let go of the many thoughts that may intrude.

Many coaching clients are amazed at how easy this is. They wonder that nobody ever explained this to them before. They are even more surprised when they discover how their energy levels are higher after proper relaxation. I recommend daily meditation too and I can teach some very simple and enjoyable techniques that you can use at any time.

I am always happy to discuss this and any other aspect of my approach to coaching. Why not check out the website for more information on how to contact me www.barbaracobboldcoaching.co.uk

I love to receive feedback on these newsletters and am very happy for you to write to me with individual issues through the Dear Barbara page on the web site.

In the meantime remember to chill out in the lovely summer weather and RELAX!

Till next time, my best wishes to you all,

