



[home](#) | [about barbara](#) | [what's coaching](#) | [dear barbara](#) | [conflict resolution](#) | [team coaching](#) | [training courses](#) | [newsletters](#) | [blog](#) | [testimonials](#) | [contact barbara](#)

Use those longer evenings ...

Hi,

If you lead an active outdoor life, you will think September dusk as coming too early and making your evenings shorter. If you spend much of your time indoors, you will see them as longer evenings. The hours of darkness are the same for everyone. It is only your individual perception of them that is different.

No two people see the world in exactly the same way. The art of achieving success in life is to ensure that you see every challenge or opportunity in its most positive light - and this is a great time of year to start doing this.

In my coaching sessions with clients I invite them to review where they are at now and to plan where they want to be in the future. Together, they create a strategy for getting to where they want to be and define the actions that will produce the desired results. I, as coach am simply the catalyst for change; it is you as the client who makes the decisions and the commitment. For many clients it is simply the process of reporting back and being accountable that keeps them on target.

Many of us are too busy working at earning a living to actually take time out for living fully. I often begin my sessions by asking the client, *"What would you choose to do in your life if you could do absolutely anything with no limitations, no prospect of failure and no accountability to anyone?"* I am usually given a long list of what they wouldn't want or wouldn't do! It seems to be a natural reaction to instinctively know what we don't want, but thinking about what we do want takes a bit more thought and a few more incisive questions, but then often to their own surprise I get them to admit to themselves what it is that they do want, often for the first time. Once that is established the real value of coaching can begin.

Coaching is a painless procedure that seeks to eliminate limitations, ensure success and allow individuals to take personal responsibility for their own lives. Some clients are amazed at how liberated they feel when they realise that they can and should take control of their own lives. Too many just go with the flow and respond to the pressures of what others think they should do. With coaching, they can change from this "victim" mentality to one of "victor" thinking. And the best part about all this is that anyone can do it!

Don't forget about the new courses I have starting this autumn, it is still not too late to get more details about them.

- Has the young person in your household just decided to leave home to go to University or are they on the point of leaving home?
- Are you feeling that there is a gaping hole in your life and not sure how to fill it, unsure of what the future holds for you?
- Would you like the opportunity to meet with others in a similar position and to take the opportunity over three weeks to evaluate where you are now in your life, career, relationships or whatever else is going on for you and consider where your life is leading?

I have planned a new course for the autumn to help you to do just that! Over three weeks we will work together on **The Past, the Present and Managing the Change** and help you to move on to a planned and more positive future where you are in control of your own destiny rather than feeling that life is being done to

you.

Why not call me now, for a no obligation chat to find out more about how this short course could act as the spring board to a positive future with clearly defined outcomes for you.

Call me now on 01377 254493 to have that chat, I will look forward to hearing from you and helping you to realise the future you know you want and deserve.

Best wishes,

Barbara