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Hi,

Well it is now almost a year since I launched the website and made a huge commitment to making changes in my life and therefore one year on time to really review those goals!

As a life coach this is something I regularly encourage my clients to do. In our initial session we discuss what it is that they feel is missing from their life, what would make their life the life they feel they want and deserve, and we then formulate a goal to help them achieve just that.

At the next session we review what has gone well, what they have achieved and determine whether that is the direction they still wish to follow. It is no surprise to me when after a few sessions the client will tell me that their goalposts have shifted and the thing that they so desired at the outset has now moved, often out of the picture or at least changed shape somewhat. For once they have started to *really* look at the goal they *thought* they wanted and realised how easy in fact it was to achieve they realise that by applying those same principles to bigger things, so much more could be achieved.

Often a simple question in a session, "How much effort have you put into achieving this goal so far in your life?" yields a disparaging answer!

In real terms the effort to date has often been minimal, the direction unclear and the result disappointing. Through the coaching we work to clarify the goal and imagine how life will be once this has been achieved. The client makes the goal a clear priority in their life and sets out clear steps towards achieving their goal. Through the sessions the goal is reviewed and tweaked and actions taken to achieve that desired goal.

Imagine over the summer months if you had planned in your head a wonderful holiday in the Caribbean with your loved one and then visited the travel agent and asked them to sort out a holiday for you without giving the travel agent a clear plan of what your wonderful holiday would be?

How disappointed would you be then if that holiday took you to some far flung destination that you did not want to go to?

I can hear you say that that would not happen, but you would be surprised how many people allow their lives to be taken along on the tide of events around them without giving clear thoughts about the direction they want to go and putting things in place to ensure that those things fall into place. No wonder then that they see life as a disappointment and out of their control.

I am sure that you will be able to cite examples in your own life where you have set yourself a clear target and worked steadily towards that goal, each step you take moving the overall goal one step closer. For my clients that situation is enhanced as I work with them keeping them on target and helping them tackle all those limiting beliefs and challenges that may set them back if travelling on their journey alone. For me the joy of my work is watching clients reach those goals and then set new goals for themselves, which until the experience of coaching, had seemed way beyond their reach.

In real terms we frequently set ourselves up to fail and reward ourselves by that self fulfilling prophecy agreeing eventually that it is easier to stay in the same rut rather than step out in confidence and surety knowing that our life could be whatever we choose it to be, if we have the right support and guidance to help us on our way. To those of you have been coached I know you can see the benefits in your life, to those who have yet to experience the power of coaching, why not step out today in confidence and begin to lead the life

you know you want and deserve to have?

So, take that step today, call me now to take your life to the next level and begin to live those dreams.

Best wishes to you all 'till next month.

Barbara
