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Hi Everyone

I have just been running a series of Team Coaching sessions for a couple of organisations and as such I needed to help them understand the concept of the coaching and then work with these new concepts to help them gain the most from their days.

Initial concerns that the team may have been wasting time away from their very busy schedules were soon put aside as the teams began to realise that this time was going to be extremely valuable in terms of helping them step off the wheel and have a closer look at what they were doing, what was working and where there was some room for change.

Sometimes we get so entrenched in what we are doing that we get drawn into the detail and lose sight of the bigger picture. For the teams I have recently worked with, the time out gave them the chance to look at what they were doing, think about why they were doing it and then move forward in a confident way knowing what they were about and what they were trying to achieve.

In the course of our time together we worked on a new mission statement that the whole team owned, by sharing ownership of this, it gave them permission to re-focus, re-align their actions in line with their new mission statement and return to their work with new ideas and ways of working to implement for the future.

Change is often a painful place to be; it takes us out of our comfort zone into a place that is unfamiliar and leaves us feeling uncertain about who we are and what we are about. It is all too easy to sit back and do the same things, stick with the same styles and people because we know what we will get.

If we keep doing the same things in the same order at the same time we will keep getting the same results.

I wonder why then, when we continue to act in the same familiar patterns, do we expect to have a miracle happen and change our lives?

In order to effect meaningful change in our lives it is necessary to step out of the comfort zone and try something different. Maybe go to a different club, eating place or shopping centre; maybe have a change in our working life by looking at different job opportunities. Meeting different people who will have an influence on your life and show you new ways of being and doing may be the key to making a change in your life.

So, are you fed up with the humdrum order of your life?

Why not make 2010 the year that you make those changes and step up to the life you want to lead?

Life Coaching does not work miracles but it does open up new doors and windows that you may never have thought about. Why not call me today on 01377 254493 to book a complimentary session and see how your life could be transformed?

Go on, I dare you to be different!

Happy Christmas and New Year celebrations.

Barbara

