



Barbara Cobbold

Personal & Corporate Coaching

"Are you leading the life you deserve?"

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

Hi Everyone

A Happy New Year to one and all!

So, 2010 is with us and as Big Ben chimed the hour to mark the beginning of the new decade as well as the new year, friends and families the world over wished one another a very happy new year.

What a lovely thing to do, but why then at the end of almost every year do we say, *"Well, we are pleased to see the back of that one and will welcome the next one in with new found optimism"*?

Many people I know this year will say they have had a hard year and things have not worked out the way they had planned, but surely that is life to some degree? We can all make plans and have expectations of what will happen to us in the year but then that thing called *"life"* comes along and the inevitable happenings of life get in the way.

What makes the difference in how you interpret those events in your life comes down to how you perceive those other life happenings. Do you allow them to disable you and stop all the good things from happening in your life, or do you accept that things will happen with a sense of inevitability and that your own plans will fit around life happenings and enable you to move forward with a sense of purpose for your own life? Do you believe that your whole life purpose can be affected by a single happening?

Inevitably at some point in our life we will all lose parents, partners, children, special friends and lovers. So is this the point when we throw our hands up in despair and say we were dealt a bad lot in life and because of that our life has taken a completely different turn to the one we had planned and we cannot make a success of things now?

Or is this the time to reflect on the way things have become and look at what that opportunity has given us rather than what it has taken away? The old saying:

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.

[more >>>](#)

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

"as one door closes another one opens"

is so true. A few years ago I had a period of ill health and for a time all I could see was the opportunity I had lost. However, as I moved forward and life continued to happen, my eyes were opened to the new and wonderful opportunities that were still waiting for me to discover. The new opportunities came in slowly, opening my eyes to wonderful things, new people to meet, new skills to practice, new people to help along the way and a new deeper sense of satisfaction as I began to realise my true life purpose.

As I look back now at some of the previous years of my life, instead of thinking of all the bad things that had happened, I try to reframe them into what learning opportunities these happenings afforded me. Yes, my life has change. Yes, there were times when I thought I was lost in the muddle of the mess. But through all these things, I have grown emotionally and spiritually and found a place of deeper contentment within myself.

So, as you look back at 2009, don't dwell on all the negative aspects and loss you may have encountered along the way, look back and think about what each of those negative happenings has given you in a positive sense. What have you learned about yourself and your own resourcefulness and that you can now take forward to use in the next phase of your life? Are you a loser or are you an opportunist, meeting life head on, making the most of every opportunity as it comes along and using it to help yourself and those around you to get the most out of the life you have been given?

Make sure that you take time to reflect on 2009 and be ready to accept some of the difficulties you encountered along the way as building blocks in your life to help you move on and not as stumbling blocks for you to fall over as you progress through life.

Life is not always about wonderful opportunities, it is about making the best of whatever you have been given so that when you come to the end of your life you can look back and say it was a good life really and I really did make the best of all those opportunities and made a difference to those I am leaving behind.

So, looking back to 2009, what learning are you taking from last year to help you make better use of opportunities in 2010?

- *Are there lessons learned from family and friends who are no longer with you that you can take forward to help you?*
- *Have you learned anything about the way you handle your affairs in 2009 that you can take forward to 2010 to help you be more confident in future years?*

If all you want to take forward from last year are negative thoughts and feelings, ask yourself how useful and helpful those thoughts and feelings are for you in 2010 and beyond. If they have no use, then leave them behind at the start of the new decade and move forwards with confidence into a new

life. The insecurity can manifest itself in many ways and often this results in conflict.

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!

decade, secure in the knowledge that life will happen regardless of how you are. The secret is how you deal with life as it happens to you.

Take positive steps at the start of this year and at the end of the year you can then stand back and say 2010 was a good year, I learned a lot about myself and I have lots of positive things to carry forward into 2011.

Best wishes as always,

Barbara

Barbara's Blog

For more information on coaching, some great tips and strategies, please have a look at my blog!

[read the blog >>>](#)

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

© 2010 Barbara Cobbold | newsletter designed by www.thelittletyping.co.uk