



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

Your Autumn Tune Up ...

If you own a car, boat or 'plane, you will be well aware of the need for regular servicing, maintenance and a routine tune up. Engineers have an adage, "If it ain't broke, don't fix it!" This may hold good for a while but you know in your heart of hearts, that if you ignore some basic requirements, it will break and probably do so at a time that is inconvenient at best and dangerous at worst.

My long term clients already know the benefits of coaching and how it can transform their lives, and they recognise the need for them to have a regular "tune up" every few months. For people who have not yet experienced the amazing results of coaching, this "tune up service" offers a valuable introduction to the coaching process.

In a few one hour telephone conversations at weekly intervals, I invite clients to review where they are at now and where they want to be in the future. Together, we create a strategy to help them get to where they want to be and define the actions that will produce the desired results.

I, as the coach am simply the catalyst. It is the client who makes the decisions and the commitment, for many clients the weekly reporting back of progress is the spur that keeps them on target.

After a long summer, machinery is probably needing a good lubrication, a removal of accumulated debris and attention to the ravages of long sunny days. Autumn is a great time for human engineering too. As the evenings grow darker and there are fewer outdoor distractions, it is all too easy to lapse into evenings in front of the television. I just invite my clients to spend a few minutes each day on their tune up needs. They are then better equipped to face any challenges that come their way and to create new opportunities for themselves.

- 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 springboard 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

