



## Barbara Cobbold

Personal & Corporate Coaching

"Are you leading the life you deserve?"

Well August is finally upon us and I guess many of you will have been on your holidays and enjoyed time away from the humdrum of daily life. For others of you, you will still be anticipating the break from routine as your holiday may still be to come. Whatever your plans I hope you take the time out to recharge your batteries and then return ready to take up the challenges for the year ahead.

Holidays are a lovely time to take stock of where we are at in many aspects of our life. When I used to work in a busy office I used to promise myself that twice a year I would ensure that all my notes and files were up-to-date, everything was in order and it was okay to take a break.

One of those times was Christmas and New Year, when before I took my Christmas leave my desk would be tidy, all my filing complete and all my files up-to-date. The same routine stood for my annual summer holiday too. On the day I broke for the holiday the same applied, everything sorted, filed and tidied away. It was almost as if those two occasions marked the passage of time and on those dates I put a marker in the sand and said that at those points I could walk away knowing that everything was in order.

### So what about you?

- *Do you have times when you ensure your life is in order?*
- *Do you take a regular check to ensure that all is well in your life?*
- *Perhaps the summer holiday, when you are in a different routine, thinking about different priorities, is a time when you could usefully do a stock-take in your life?*

### So what would you take stock of?

For some people it may be a time to think about their work, career or future training. Is this a time to think about enrolling on that course you once meant to do, but somehow it slipped off the agenda?

Or could it be a time to think about your home and the renovations you once planned and then put on to the back burner.

## 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.

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## 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 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!**

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## Training Courses

Perhaps for you it is time to consider things in your life that are no longer serving a useful purpose, whether that be material possessions, or just a general tidy up of your living space.

Or it may be a time to re-think values and priorities. Do those values that served you so well 20 years ago still serve the same usefulness in your life, or is it time for a change?

Sometimes we become so entrenched in doing what we do because we have always done it that we fail to see that it no longer serves us as well as it did, and it may be time to readjust our ways of thinking and doing to fit in with a new stage of life and free us up emotionally to try new things.

So, as you take a break in your usual routine, use some of the time to think about your life, think about what continues to serve you well and think about changing those things that no longer serve a useful purpose for you.

You only have one go at life, make sure you live each day to the full and that you don't become hampered by excess luggage that weighs you down.

Enjoy what remains of the summer months.

Best wishes as always,

Barbara

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I am a 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!**