

Junemitchell

Clinical Therapy, Professional Coaching, Training & Workshops

Personal life coaching

If there is something more in your life that you want, you may choose to look at your life as it is today and perhaps how you would like it to be in the future. Are there are things you'd like to change about your life, perhaps to fulfil a desire or ambitions, to be happier, or for your life to feel less stressful and more peaceful. Perhaps you want to be more outgoing and confident, or even more profitable? If so, personal life coaching can help you.

Personal life coaching is a series of sessions designed to help you build up and achieve in a specific area of your life. It's about taking positive action, achievement and solving problems. People want results in the shortest time possible, and this is what coaching does. Coaching is not therapy, counselling or advising.

Work

At work people want to be happier and more fulfilled. Perhaps they want promotion and more reward, or maybe to manage their work load better, or build a team more easily, or perhaps to develop strategies to experience less stress, to de-clutter their surroundings or to be more organised.

If you recognise some of this would benefit you and you need to take action now, life coaching can help you.

Home life

Your home environment is very important for your well-being. How would you improve your home life? After all, most people spend a good deal of time there. What is important to you about your home? What does it give you?

These are some of the questions coaching asks? You may experience comfort or chaos? What do you want your home environment to provide for you? You may need to take some positive action to make it just right for you.

Finances

For most people, their finances are uppermost in their mind.

Coaching will provide strategies to help you focus. Maybe you have ambitions and want help with decisions around starting a new business, or would you like to travel, move home or country? You may have come to a cross roads and don't know which way to turn?

Defining your goals in a well formed way will help you choose your direction. When you have all the facts and can review your situation, you gain clarity and can take the next purposeful step.

Relationships

Relationships can be about seeking to resolve issues in an existing relationship, free yourself from your attachment to a past relationship, or create success in a new one?

For further info contact June on: 07964 056937

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Help with.....

Work

Home life

Finances

Relationships

Social life

Family life

Health

Spirituality



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Personal life coaching (continued)

Coaching techniques allow you to make goals, visualize and rehearse a brighter and more positive future. This can help you to prepare for and enjoy more successful relationships.

You can reflect and re-appraise events, look at situations from different perspectives and gain an appreciation of how you relate to other people and how they relate you.

Social life

Being part of a social network of friends and activities is essential to your well-being.

A lack of social activities or even a lack of confidence can really restrict your social life and stop you from taking the opportunities that come your way. A confident person actually creates even more opportunities, and as result creates more options and choices in life. Having options and choices in life and believing you can use them creates even more confidence.

We can all take conscious action to rebuild our confidence and social skills, and coaching offers easy and enjoyable techniques.

Family life

Family life is potentially one of the most fulfilling aspects of life. It can also be one of the most challenging.

The mix of personalities in a family and the needs of different family members can make establishing a happy and co-operative family life less than easy.

Coaching can help with parenting needs and strategies to deal with how we respond to the older family members too.

Family life has its own unique circumstances, and adopting the pre-supposition that 'we all do our very best in the situation we are in' goes a long way to creating that happier family life.

Health

Have you heard the old saying 'If you haven't got your health, you haven't got anything'? It could be re-worded as you cannot take your health for granted.

Coaching for health is for physical and psychological benefits. It may be used to help lose weight, stop smoking, have a more active lifestyle, keep you on track and set you challenging and rewarding goals.

Psychologically, your mind and body are linked. What you do with one has an effect on the other. During any health coaching we are working with both body and mind to address your health needs. This area of coaching offers immense benefits and is increasingly being used within mainstream medicine.

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Spirituality

Often our spiritual life is tied together with our religious life. You may think of your spirituality and your religious practice together. However they can be very different activities.

What are the things you do that make you feel good, cared for and alive? How do you know you are doing enough self-care?

Caring for yourself is an important message you are giving to yourself. What special things or practices do you use? For example, taking a walk, talking things through, or maybe doing meditation. What do you find helps you to cope with any problem or challenge?

Coaching offers you focus on this important aspect that we often neglect.

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