

Create the space in your life for you!

The **Life Space Coaching programme** will empower you with ways to get you into action towards reaching your goals. What you will gain is increased energy, efficiency in getting things done, better communication skills, clarity, passion, awareness, time, personal power, and achievement. In the 8 week programme you will learn “tools” that are practical and easy to implement into your life straight away. The Consciousness Coaching® formula we work with is structured and conclusive in supporting you everyday during the programme and every day in your life thereafter!

Programme content: along with the “tools” offered in each session – you will be coached on a goal that is in alignment with your overall coaching objective for the programme.

- Session 1: Stepping into awareness
 - Intro to coaching
 - Goal setting for 8 weeks and evaluation
 - Using anger energy constructively
 - Developing your personal power – The Power of your Word
- Session 2: Focus on achievement
 - integrity – developing trust and respect for yourself and others
 - Handling a breach of integrity
- Session 3: Powerful communication
 - the stories we get stuck in vs. what is
 - attitudes and how they impact our experiences
- Session 4: Creating time / having time work for you
 - being supported by time
 - the art of completion
 - important vs. urgent
- Session 5: Shifting from a negative position into a positive action
 - your needs vs. your wants
 - shifting from being in reaction to consciously creating
- Session 6: Changing frequencies
 - context – what is it and how does it serve you
 - energy uplifters vs. energy drainers
 - who are you being and who are you committed to be?
- Session 7: Creating an inspiring vision to wake up into every day
 - your legacy
 - creating a master plan for your life
 - shifting into a new category of existence
- Session 8: Comfort Zone
 - comfort zone – why you need to get out of it
 - how to get out of your comfort zone
 - The way forward

We do not work with positive thinking and motivation – instead we work with inspiring you and equipping you with “tools” to achieve your goals.

We don't work with your past – we are all about being in the NOW and being in action towards reaching what you want in the present & future.

Coaching is productive and efficient – and it is also fun and rewarding – this journey will be inspiring so that you will move into action!

All you need to do is be 100% committed to wanting to achieve what it is you really want! And willing to be 100% responsible for achieving it!

Testimonials:

“I've gained what I was looking for and it's given me the knowledge to carry it on through my life!” – Candice. Beauty therapist

“I'm closer than ever to being who I've always wanted to be and it feels good to admit it to myself” Alison. Business owner

“I would like to thank you once again for everything. For want of trying not to sound corny, but you have changed my life” – Charlotte. Estate agent”

Contact:

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**International
Coach Federation
Member**