

Coaching Suitability

1. Are you overwhelmed with life?
2. Do you want to earn more money?
3. Is your life too complicated?
4. Are you 'stressed out'?
5. Are you lacking fun/motivation/ energy?
7. Do you need to make some big changes?
8. Are you 'fed up' of your job?
9. Are you unsure of how/when/where to make changes?

How many of the above questions apply to you? If you can tick just one of these questions –what are you doing to put it right?

Which of these apply to you?

1. Circumstances take advantage of me and I'd like it to be the other way round.
2. I work extremely hard for seemingly little reward and would like to take a step back and enjoy what I do.
3. I feel my relationships with people need improving. I would like to be more in touch with the people around me.
4. I lack self-discipline and would like to take more control of my life.

If you ticked even one of these then you may be feeling stuck and not knowing what to do next.

Take a look at the following:-

1. I'm bored
2. I want a change
3. I'm 'stuck'
4. I want a better life/home/job/partner
5. I'm confused
6. I don't know where to/how to begin
7. I have too much to do
8. I need to lose weight/ eat more healthily
9. Nothing great ever happens to me
10. Life is a constant battle

How many of the statements above apply to you? It only needs one for your life to feel out of balance.

OAKWOOD *Inspirational*

Most people desire more from their lives. If *you* desire something, that's a sure sign *you* don't have it yet. The seed of your success is already within you, the trick is to extract that success while remaining authentic to yourself.

I would like to discuss with you, how I can help you dramatically. How I can bring value to your life and how Coaching can get you anywhere you want to be.

If you are still unsure whether to take the next step, then you may find it helpful to think how the way you are feeling now affects yourself and others, that you love, in your life and imagine what life would be like if you could make the changes you desire. What will life be like in a month, 6 months, a year or 5 years if you do not take this opportunity now?

***Working with a Coach is not a Soft Option,
Most of my clients want to be make the changes they desire, and they do it.***

be inspired..... achieve success