

### **Introduction**

In this highly experiential day, *you'll* be doing the work! It's your life and only you know what you want.

This workshop is your chance to overcome the stumbling blocks or previously limiting situations that once held you back and experience for yourself new, 'breakthrough' ways of thinking and behaving.

The day will be very much focussed on your specific issues and the challenges you face and by generating a pre-course wish list you can start work before the workshop commences, so that on the day we focus on what's important to you, meaning so much more can be achieved.

### **Who Should Attend**

Anyone who is feeling stuck in their lives; anyone who is at a crossroads; anyone wanting greater clarity; anyone wanting to know which direction to take or confirmation and reassurance they are currently heading in the right direction.

Anyone who simply wants to get more out of life.

### **Course Objectives**

You will leave the day:

- Knowing which areas of your life need your attention and which areas to work on first
- Having the tools you need to make the changes
- Knowing what's important to you in each area of your life – essential for life planning
- With a clear and exciting plan for the way ahead that feels right for you
- Having identified the challenges and issues that block your progress, with a selection of tools to overcome these

### **Content Summary**

- Clarify what you want in all areas of your life
- Explore your own values and what's most important to you
- Learn some basic skills of NLP and apply them to your life
- Design your life to move towards greater fulfilment and satisfaction
- Find out how to change any unwanted behaviour, easily
- Become free of limiting beliefs that have held you back
- Learn Effective Solutions to your challenges and areas that hold you back
- Begin to live every day more happily and more effectively

### **Style**

The day will be highly interactive, with a mix of theory, demonstrations and hands on, with time for individual work and reflections.

Be prepared to make changes!

All delegates will be given supporting material.

### **How to book**

Call the office on **023 9225 5232**

E mail [info@thecoachingworks.co.uk](mailto:info@thecoachingworks.co.uk)

