


GETTING THE UTMOST FROM LIFE COACHING

BY STUART DOWNING



PROFESSIONAL LIFE & BUSINESS COACHING -
ANXIETY, STRESS, CONFIDENCE



“Your time is limited, so don't
waste it living someone
else's life.”

Steve Jobs



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To create value from life coaching , the client needs to make space for it in their life. Set aside time and set aside current projects and distractions, in order to focus on your scheduled session.

“I believe that the only courage anybody ever needs is the courage to follow your own dreams.”

Oprah Winfrey



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Coaching is more likely to reap the rewards you are looking for when you are brave, candid and even outspoken. Be willing to tell your coach everything, nothing is too small or large. If your coach ends up knowing more about you than almost anybody else, that is usually a desirable outcome. Be ready to brainstorm, be candid if you experience difficulties in the coaching process, be prepared to communicate your feelings fully in your safe, confidential environment.


“I’ve missed more than 9000 shots in my career. I’ve lost almost 300 games. 26 times I’ve been trusted to take the game winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.”

Michael Jordan



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Own the coaching, giving your life coach the opportunity to assist you to create your own ideas for solving problems, inventing your own strategies for reaching your goals. One of the main uses of coaching is to trigger your enthusiasm and unleash your personal brilliance. This is more likely to happen when you take responsibility for your choices.



“Yesterday is history. Tomorrow
is a mystery. Today is a gift.
That’s why it’s called the present.”

Unknown



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Effective life coaching reinforces the cycle of discovery, intention and action. Following through on your intentions will probably reveal new insights that, again, you can translate into intentions and action. Each time you move through this cycle of discovery - intention - action, you create new value and new outcomes in life.

“

**Don't wait. The time
will never be just right.”**

Napoleon Hill



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In daily life, we can all be guilty of forgetting to lift our eyes to the horizon, to the long term, comprehensive vision of what ultimately we want, the big picture. Often in life, we get lost in the details of daily to-do lists, we see the trees not the forest, the most urgent tasks instead of the most valuable ones.



“Life isn’t about getting
and having, it’s about giving
and being.”

Kevin Kruse



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By meeting with a life coach, you can prevent this outcome. Use your life coach as your dream-catcher and goal magnet. Speak your short-term and long-term goals. Speak your life purpose, your dreams and your passions. With your life coach you can create a life plan - a detailed long-term vision of what you want to have, do, and be for the rest of your life.

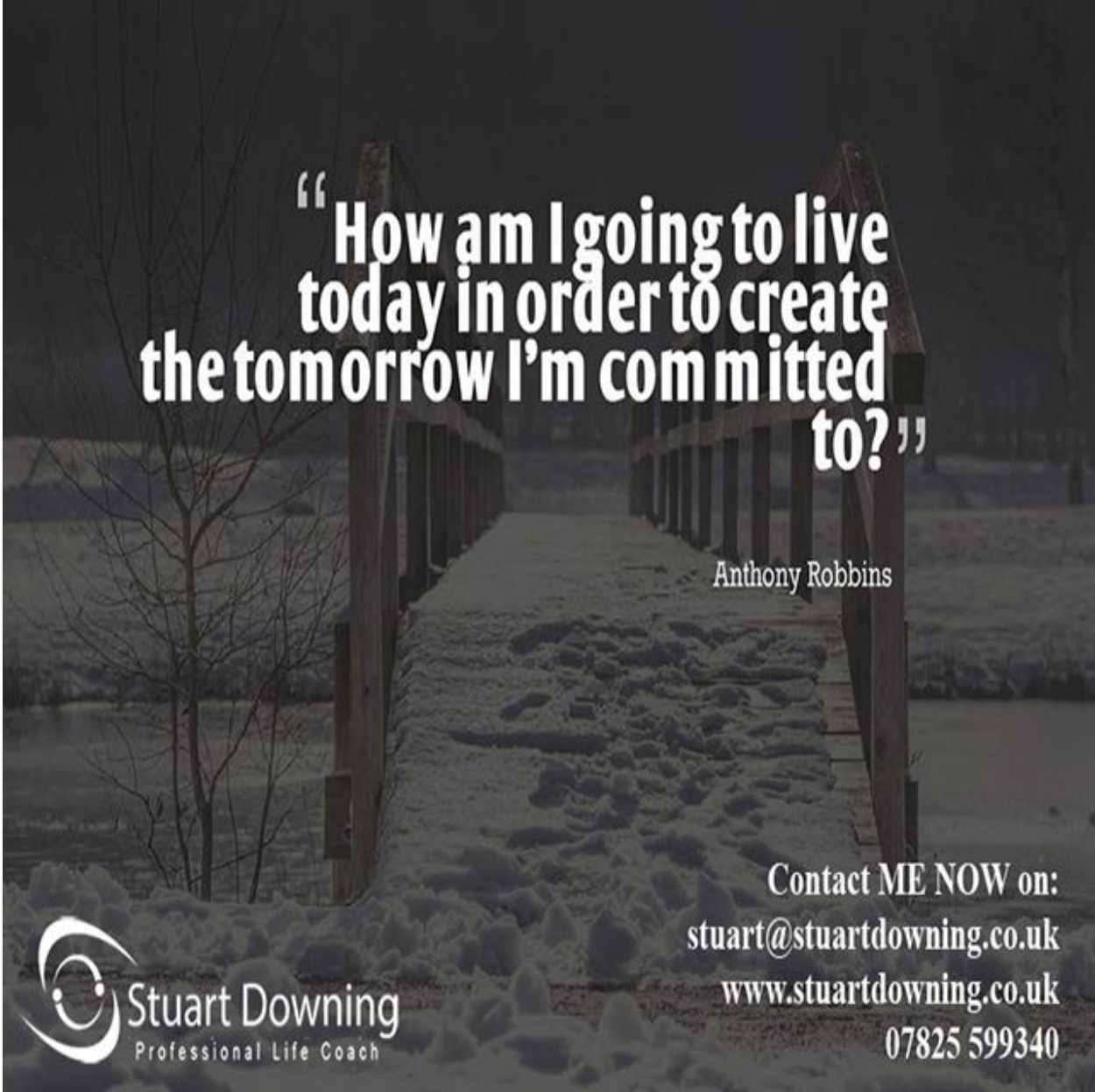
**“IF YOU
CAN DREAM
IT, YOU
CAN ACHIEVE
IT.”**

Zig Ziglar



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Ask your coach to write down your dreams, keep them in his consciousness and keep bringing you back to them. Then fulfil those dreams by taking action.



“How am I going to live today in order to create the tomorrow I’m committed to?”


Anthony Robbins



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Many of us work and live in places where no one asks us what we want for the short-term and long-term future. And even when we start to say what we want, there's often nobody to listen.

What a gift it is to meet with a coach whose job description is to hold our dreams as sacred creations!




“Too many of us are not living our dreams because we are living our fears.”

Les Brown



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Together we'll "transform your life", not just improve it a little, but "Transform It". Thereby creating a deep and profound transformation that will serve you and everyone you connect with for the rest of your life.



“Build your own dreams,
or someone else will
hire you to build theirs.”

Farrah Gray



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If you want true life changing transformation...

- If you want to love getting up in the morning...

- If you want to re-discover that playfulness you had as a child...

- If you want to speak aloud what's true for you and begin living that way...

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

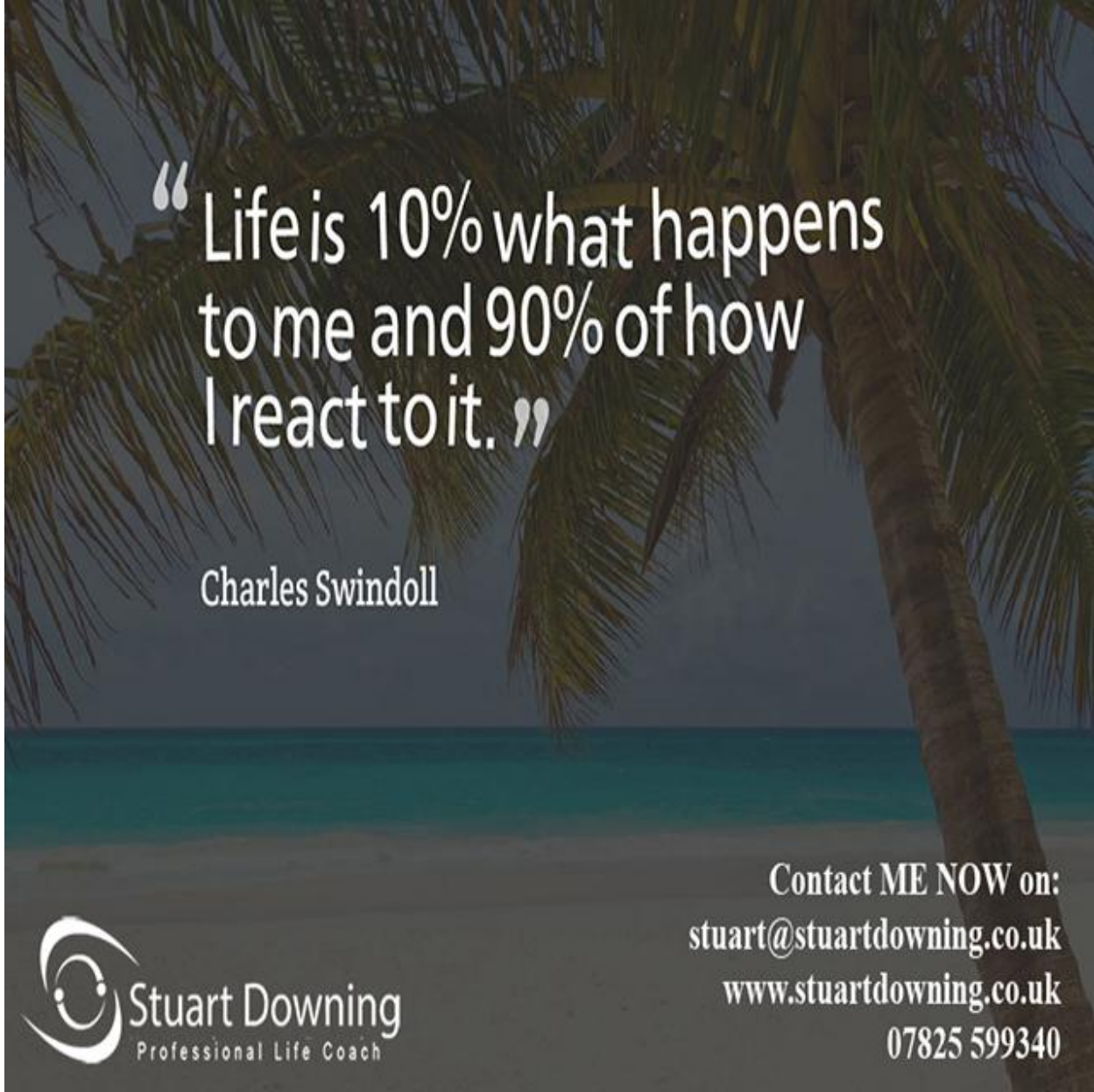
Maya Angelou



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If you want true life changing transformation...

- If you want to build a life that really excites you...
- If you want to contribute to something bigger than yourself...
- If you want to design a life you really really love, then life coaching is the answer.



“Life is 10% what happens
to me and 90% of how
I react to it.”

Charles Swindoll



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Nelson Mandela said, "There is nothing like returning to a place that remains unchanged - to find the ways in which you yourself have altered."

“Go confidently
in the direction
of your dreams.
Live the life
you have
imagined.”

Henry David Thoreau



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For some of us the transition that's necessary can appear unachievable and unattainable. It causes anxiety or paralysis through fear, without any logical reason, and therefore prevents us from achieving our life goals. Often the knock on effect also restricts our freedom to be our true selves.

“Life is what happens to you while you’re busy making other plans.”

John Lennon



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Coaching, by contrast, focuses on what we want from our lives and the enormous resources and abilities, often unrecognised, that we have to pursue it. Coaching will help you to free yourself from the multitude of assumptions you are probably making about yourself and others.

“The best time to plant a tree was 20 years ago. The second best time is now.”


Chinese Proverb



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Coaching empowers people through change - it can be really scary for some. It's often easier to stay where you are.

You have the ability to change your life for the better and to get the life you deserve.



“ Whatever the mind
of man can conceive
and believe, it can
achieve. ”

Napoleon Hill



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Brendan Behan, Irish author, said, "Many of our fears are tissue paper thin, and a single, courageous step would carry us clear of them. "

Don't stay in your job if you hate it or if you have the whole work/life balance wrong.

“Dream big and
dare to fail.”

Norman Vaughan



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Don't stay in your job if you hate it or if you have the whole work/life balance wrong. Don't put up with feeling just "okay". Don't keep your dreams as just dreams. Make them a reality - write them down then put a date on them..



“If you want to lift
yourself up, lift up
someone else.”

Booker T. Washington



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“People of mediocre ability sometimes achieve outstanding success because they don’t know when to quit”. - George Allen (b1952), US senator

“A good plan violently executed now is better than a perfect plan executed next week.”

George Patton



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Are you ;

Stuck in a rut

Lack of confidence

In the wrong job

With the wrong partner

Stress

“

A journey of a thousand
miles must begin with
a single step.”

”

LAO TZU



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Are you ;

Difficult colleagues

Failure at interviews or presentations

Under-achievement

One foot on the accelerator and another on the brake

Lost in existential confusion

Perpetually treading water

“

Two roads diverged in a
wood, and I—I took the one
less traveled by, And that
has made all the difference.

”

ROBERT FROST



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Are you ;

I don't know who I am

Difficulty in social situations

Fears and Phobias restricting you

Anxiety?

“

What would you
do if you weren't

afraid?”

SPENCER JOHNSON



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Are you ;

Addiction or bad habit issues

Public presentations / speaking

Low mood

“

Become the kind of leader
that people would follow
voluntarily; even if you had
no title or position.”

BRIAN TRACY



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help is at hand.

In coaching you can benefit from authentic empathy...rather than listening to a talking self-help manual!

“ A goal without a plan
is just a wish. ”

Larry Elder



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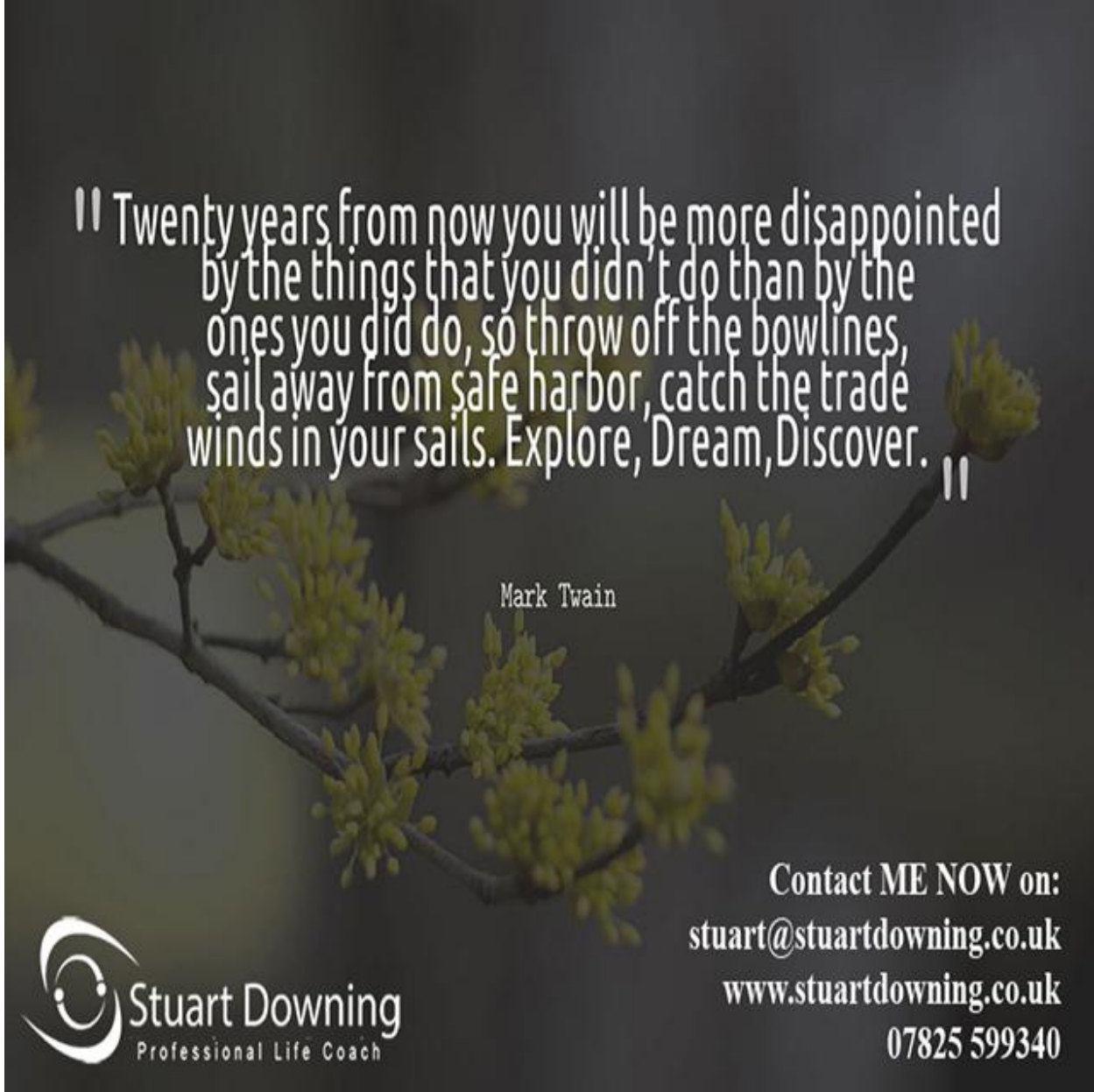
After coaching I have seen clients:

Get promoted

Get back with exes

Create great projects

Start exciting new careers



|| Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover. ||

Mark Twain



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After coaching I have seen clients:

Give sparkling presentations

Gain the respect of their family

Travel the world

Master new skills

Make mince-meat of difficult colleagues (not literally!)

Gain a sudden understanding of their true self and much more...



**NOTHING WILL WORK
UNLESS YOU DO.**

MAYA ANGELOU



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Let us get to grips with who you are and what you really want, and make achievable plans for getting you there.



**FALL SEVEN TIMES,
STAND UP EIGHT.**

JAPANESE PROVERB



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You can expect:

To **THINK** very differently and be able to see the world through a shift in **YOUR** perspective.

To **EXPERIENCE** an intense and intimate coaching relationship.

To **SEE** yourself and others through new lenses.



**BIGGER SNACKS MEAN
BIGGER SLACKS.**



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You can expect:

To **SHIFT** beliefs that have held you hostage.

To **WITNESS** yourself taking action towards your goals and desires.

To begin **FEELING** that you, your business and your lifestyle are in **ALIGNMENT**.



**SOMEDAY IS NOT
A DAY OF THE WEEK.**



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