



SICK OF EVERYONE'S ADVICE?

TRY LIFE COACHING

MAKING SLIGHT CHANGES IN YOUR LIFE CAN MAKE LIFE CHANGING DIFFERENCES

Nationally Accredited Life Coach and Parent Teen Coach
Offering private life coaching, corporate coaching,
family coaching, group workshops and student coaching

Email lifecoachingcentre@hcm.asn.au

WHAT IS LIFE COACHING?

it's about turning stumbling blocks into stepping stones

your persistent listening friend

it's about closing the gap between where you are and where you want to be

taking action and making things happen

it's about finding out what really matters to you, identifying goals and developing strategies to meet them

it helps you work to develop skills to live a more fulfilling life

it enables you to live to your full potential

HOW DO I DECIDE?

you should choose your life coach the same way as you choose any other professional from a hairdresser to an accountant...

feel comfortable with them – someone you click with

they provide the service you are looking for

they have the experience, credentials and training

there were recommended by a friend or associate

try them out!

(make use of my free half hour coaching session)

IS COACHING FOR ME?

yes, everyone can benefit from coaching at some point in their life!

WHAT CAN I EXPECT FROM MY LIFE COACH?

to believe in me 100% and help me gain clarity in what I want to achieve

be a constant, objective support structure around what I want to achieve

stimulate thinking and encourage me to identify and explore new attitudes and behaviours

work on increasing my efficiency in my performance

encourage me to think 'outside the square'

help me to access and utilise my entire 'personality toolkit'

challenge me and hold me to my word

Refer to this programme using a Request Form to the Integrated Offender Management Unit



A program of The Hobart City Mission Inc.

