

Coaching

Believe in Yourself, Your Family and Your Community

As a Coach we help clients to:

- Rediscover their dreams and goals.
- Clarify priorities.
- Locate and utilise appropriate resources and strategies.
- Stay on tasks and in action mode.

The way we coach:

- Through a positive relationship of inquiring and focusing on personal development and awareness of goals.
- By encouraging profit improvement through a proactive attitude to options finding, instead of problems finding.
- Through developing an understanding and recognition of their responsibility for their choices which influence their success.
- By encouraging the measuring of outcomes for continual performance improvement.

What does coaching mean:

- Deepening a clients self awareness of their own resources.
- Facilitating the recognition of dreams, goals and the required direction of both personal and business activities.
- Defining of the steps needed to achieve such dreams and goals with guided supportive action.
- Deepening a client's learning.
- Improving the client's profitability and success by enhancing positive attitudes.
- Providing an extra bouncing-board which many business people need from time to time.

We guide clients into recognising and producing their own results through positive questioning, self prophecy and positive attitude awareness helping them research, plan and measure. With each session (or Board meeting) clients are able to choose the topic and through listening, questioning and objective suggestions the clients creates their own clarity and actions to progress to solutions and goals of their choice.

Helen believes we all have the resources to positively step forwards and reach those goals that we dream of. Sometimes we just need that encouraging hand, and supportive listener to see those resources which others see from the outside, but which we may overlook in ourselves.

We just have to set on a course, recognise the challenges and opportunities and utilise our own resources.

Coaching aims to increase
Self-awareness, Personal achievements, Enjoyment of life

and Business Profitability