

## **1 step, 2 step, 3 .... Life Coaching to help you Achieve**

LIFE COACHING helps you to plan the details of what you want to do, and how to achieve your goals in a very practical step-by-step way. I aim to offer you the tools and support to achieve what you want in your life. I will help focus you forwards in a very positive way.

Sometimes as an initial step, I have helped people decide exactly what they want to do. I have developed a unique way of helping with this which uncovers your true desires. This ensures that you don't waste time and effort going in the wrong direction.

If there are any issues that might be getting in your way, then I can help with that too. Sometimes we subconsciously block our own progress, particularly if we are not sure what we want, or if we don't have enough confidence in ourselves. I help boost self-esteem.

I also have many Personal Development TIPS and TOOLS available to anyone wanting extra help and support. They will offer you INSPIRATION, and add to your sense of security, balance, and WELLBEING. They will boost your awareness and help you focus your intentions towards achieving personal fulfilment.

### **DETAILS OF THE LIFE COACHING STAGES**

Together we can decide exactly what it is you want to achieve, then work out a realistic plan to enable you to reach those goals.

I listen carefully, helping to ensure that you are clear about what you want to achieve, and why. If you are really clear about your reasons for choosing these goals, it can help to write them down so that you can remind yourself now and again. The next stage is to plan your success!

- **WHAT** - Together, we will draw up a chart showing your aims (often in a series of easily achievable smaller stages).
- **HOW** - Defining the steps you will take towards attaining your goals, plus what resources & support you can use to help with each stage.
- **WHEN** - Setting realistic time frames for you to work within.
- **WHY** - Define what will motivate you, and plan rewards for achievement along the way.

I aim to work in partnership with you to identify your aims and achieve your objectives as efficiently, yet as thoroughly, as possible.

I do not believe in failure, only in making choices according to how you feel at the time, then learning from those what you want to do next. If anyone lapses I will simply be there to encourage you to get back onto your plan when you are ready.

**Some of the areas I can help with are:**

Health & Wellbeing / **Work vs Home Balance** / Stress / **Self Esteem** / Confidence / **Communication** / Relationships / **Sexual Issues** / Identity and Belonging / **Behavioural Issues** / Anger Management / **Transitions into Adulthood** / Emotional Issues / **Spirituality** / Personal Development. / **Personality Traits** / Changing Habits or Patterns / **Positive Thinking** / Overcoming fears, doubts, guilt or worry / **Overcoming feelings of failure** / Overcoming blocks / **Choosing Subjects** / Following a Study Routine / **Planning for Exams** / Enhancing Skills and Talents / **Learning to fully value what you already have and can do (good parent, career, partner, helpful & responsible teenager, etc)** / Gratitude, Respect, Forgiveness / **Softening Ego** / Helping Someone Else / **Techniques for Coping with Change** / Getting Fit / Losing Weight / **Managing Finances** / Paying Off Credit Cards / **Balancing Income & Expenditure** / Choosing Hobbies / **Public Speaking etc**

*“The biggest difficulty with a problem someone is facing is rarely the problem itself, but the fear that nobody else understands it.” - Neale Donald Walsh*

I do understand, and will never judge. I will simply help you move forwards.

*"People often just need someone objective to chat things through with, maybe to offer a different perspective, then resolutions tend to appear naturally."*

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**Julia Woodman – Radiance-Solutions**

*Life Coaching, Counselling, and Personal Development -  
Help, support & advice available by phone and email.*



**Advice Line 0905 620 1396**

£1.02/min - from a BT landline. Calls from other networks and mobiles may vary. 18+

see my Greatvine profile page for availability, call request, or email buttons

<http://www.greatvine.com/julia-woodman>

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