

Life Coaching for Health and Wellbeing including Coping with Change and obtaining Work Life Balance

Life Coaching helps you to plan the details of what you want to do and how to achieve your goals in a very practical way. My service has also helped people decide what it is they actually might want to do.

Counselling can help you sort out any issues that might be getting in your way.

I also have many personal development tips and tools available to help support you. 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.

MORE ABOUT LIFE COACHING

My aim is to offer you the help, support, and advice, to empower you – building your self esteem and confidence so that you will be able to achieve what you want to in your life.

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

We listen carefully, helping to ensure that you are clear about what you want to achieve, and why. The next stage is to help plan your success!

- **WHAT** - Together, we will draw up a chart showing your aims (often in a series of smaller stages).
- **HOW** - Defining the steps you will take towards attaining your goals, plus planning what resources and 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 rewards for achievement along the way.

We aim to work in partnership, with honesty and integrity, to identify your aims and achieve your objectives as efficiently, yet also as thoroughly, as possible.

Just some of the areas we work in are:

Health & Wellbeing / Sleep & Insomnia / Work vs Home Balance / Researching Options for Change / Learning Techniques to Cope with Change / Self Esteem / Confidence / Stress / Relationships / Families & Young People / Behavioural Issues / Anger Management / Identifying Goals & Planning Progress / Motivation / Communication / Mental & Emotional Issues / Personal Development. / Spirituality / Personality Traits / Changing Habits or Patterns / Positive Thinking / Overcoming fears, doubts, guilt or worry / Overcoming feelings of failure / Following a Study Routine / 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 / Sexual Issues / Getting Fit / Losing Weight / Managing Finances / Paying Off Credit Cards / Balancing Income & Expenditure / Etc

"The intuitive mind is a sacred gift, and the rational mind is a faithful servant." – Einstein

"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

We do understand, and we aim to offer you support and self empowerment to achieve your aims. We will help focus you forwards in a very positive way.

**Julia Woodman – Radiance-Solutions –
Life Coaching, Counselling, and Personal Development -
Help, support & advice available by phone and email**