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## The Re-Design Method

*“I will definitely use and recommend Neelam as a Coach, who can be trusted to work with and achieve the results you want and desire” – Lydia*

### A Revolution in changing your life

**The Re-Design Coaching Method can help you achieve the life you were born to have**

#### The Method

There are 3 stages to the method and (subject to circumstances) this is the logical and most natural order for the sessions to flow in. It’s like building a house; you start with laying the foundation then the building walls and then constructing the roof, you wouldn’t start with the roof or the walls.

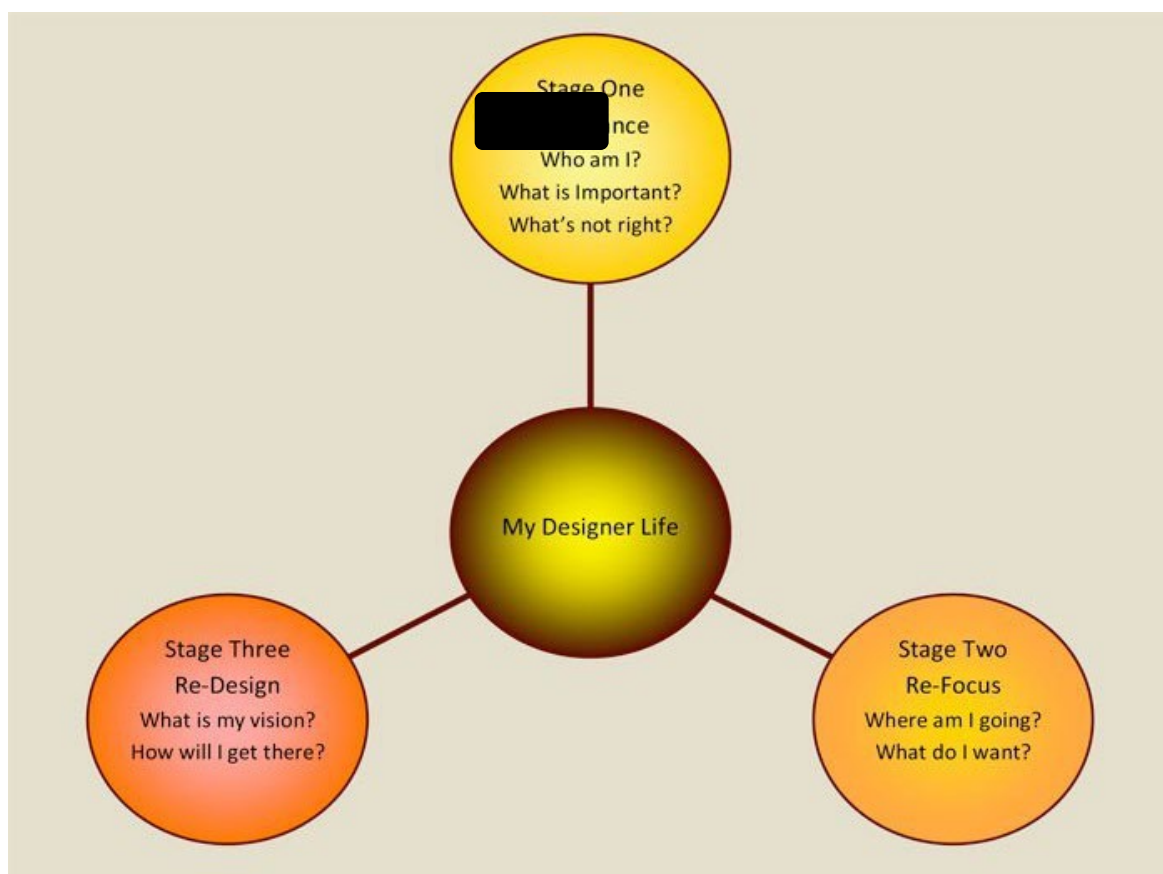
Many people work towards changing the result or an outcome they are not happy with, but often fail to understand the ROOT of it, therefore the problem or issue keeps returning.

Re-designing your life is not just a one stop wonder it is a journey where YOU and your dreams develop into a much desired reality, into a lifestyle. By going through the stages we will work together to unlock your true potential and help you to totally Re-design your life; from your mind, to your habits to your reality.

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## The Stages explained

**Stage one** is where we start to create and build a foundation for a much happier and congruent life. This is where we look at creating balance and harmony with your values and the reality of your life. By looking at who you are as a person and identifying what's really important we can work on the next stage. Without this, the next 2 stages will be superficial. Unfortunately many people fail to look deeper and ask themselves meaningful questions, and find they achieve a goal and still feel unhappy in the long run. This is because they didn't first take the time to see if this goal sits with their values. We also look at what isn't going right. This stage is vital to the success of stage 2 and 3 and beyond and is quite profound.

**Stage two** is really looking at you in a bigger picture and uncovering what you were born to do and how that will fit into your ideal lifestyle and we look at what do you really want for your life. This stage is where we do some further uncovering but mainly exploring dreams and wishes and aligning these to what we have discovered in stage one. This is quite an exciting time and empowers you to see how your life is significant, and how you can create a positive ripple effect, raising your confidence.

**Stage three** the final and most dynamic stage and is where we put together all the pieces and this naturally leads into creating, visualising and re-designing the life you want to live. By this stage you will already be living stage 1 and 2 and you will create a plan and strategy to achieve some of your highest goals having control over how your future unfolds.

Note: as sessions are tailored to client's needs these stages are subject to change to suit objectives and client preference.

## The Timeline

This is dependent on your determination and motivation levels. You can Re-design your life in as little as 3 months, but this would require regular 100% commitment and drive and you would need to attend weekly sessions and be flexible to take serious action each week. This is something that can be discussed with the Coach to see if this option is suitable for you and the objectives you have.

The recommended time line would be 6 or 12 months. 12 months if you have very large goals that requires longer time frames to work on. We can discuss this at your initial consultation.

Example of larger goals;

- ✦ Increasing income through promotion, pay rise, or job change
- ✦ Transition from Employment to Self employment or a huge change in career where significant preparation is required
- ✦ Starting and completing a sizeable project and making lifestyle changes

For smaller and medium sized goals, 6 months is usually ample and will require 2 coaching sessions per month and in between sessions you will have action points to complete.

## The Result

Re-designing your life will change YOU; ultimately **you will be happier, more confident, have clarity, feel less stressed and much more in control. Other tangible results could be; a much more satisfying career, a balanced and secure home life, positive financial changes, material gain, and improved relationships, personal growth in habits, discipline and character and a 360 degree shift in mindsets and most of all living congruently-being authentic and true to yourself and an inner awakening.**

Results are dependent on the initial objectives you have, but typically this is what you could expect:

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## Are you the client for me?

At Designer Life I pride myself on offering the finest intuitive Coaching, it is extremely important to me that my private clients achieve results, and refer other potential clients confidently, therefore I only take on a limited number of clients at a time so that I can offer a generous and exclusive service. The decision of working together is initially the clients, but also my decision too. I need to know that my client is willing and ready and ÔcoachableÕ this means someone who understands and works with the coaching concept and is flexible to have sessions personalized to reach meaningful and desired results using a blend of other developmental tools

*This is who I work with:*

- ✦ *People who are now determined to change their life working on several areas or objectives*
- ✦ *People who are ready and committed; in time, financially and will take action*
- ✦ *People not afraid to take a risk and will embrace change*

I promise 5 times return on investment (in personal value, growth, change) and if you feel you have not attained your objectives (after a review) I will happily work with you at no charge till you have.

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