



## The Power of **LIFE COACHING**

*Life Coaching, once the reserve of the elite or celebrities, is now popular amongst any driven person who wants to achieve their goals. Yet it can be misunderstood, therefore many dismiss it, but ironically, they could be the ones that benefit greatly. Re-design Coach Neelam Challoner, who is also the Life Coach at Stoke Park, gives some insight into the Power of Coaching.*

### **COACHING IS LIKE A CATALYST. IT IS A DYNAMIC WAY OF GETTING YOU FROM WHERE YOU ARE TO WHERE YOU WANT TO BE.**

Most professional sportsmen wouldn't dream of entering their game without a coach by their side. These days, many CEOs also use life coaches to help them achieve the very best for their companies and their personal life.

### **COACHING IS A POWERFUL APPROACH FOR LIFE; A COACH MOTIVATES AND PUSHES YOU TO ACHIEVE YOUR PERSONAL BEST.**

Coaching is not counselling or psychotherapy. Coaching is future orientated; it is about empowering the client to move forward. I don't tell people how to live their life; I use tools and techniques to move them towards their objective and facilitate them to come up with the answer for themselves.

In some cases, life is, on the surface at least, going relatively well. A person has a successful business or profession, a nice house, car(s), a loving family. Yet that same person feels dissatisfied somehow, frustrated, or even fearful. One or two areas not going so well can have a ripple effect onto other areas. For example, problems at work can impact stress levels and flow into home life. Marital problems impacts communication and can lead to escapism and so on.

Maslow's hierarchy of needs illustrates that once you have conquered one level you go to the next. What it doesn't show is you can have it all and still not experience that sense of peace or contentment. Partly, we can blame this on a world in which superficial achievements are so coveted. But few of us look at what makes us congruent. If we lived a congruent life we would have success, yet be less stressed and have inner peace and joy.

### **YOU CAN CREATE A BETTER LIFE FOR YOURSELF AND FAMILY OR CHANGE YOUR LIFE TO SOMETHING YOU REALLY WANT TO LIVE AND EXPERIENCE?**

Take client A, for example. She has not dated for several years and lacked "relationship confidence." She has a high-powered job in advertising but outside of it, she felt that she has lost who she really is and what she really wants. Since undertaking coaching she has met a very keen professional who she is now dating, has lost over a stone in weight and is feeling fantastic about herself.

Client B, an entrepreneur, came to me almost broken. She was thinking of leaving her husband and was very unhappy with other areas of her life. One year on, their marriage is unrecognizable and business has grown. Coaching helped this client bring her thoughts, beliefs, and values back into balance and achieve her objectives. This client took responsibility for her changes and inner growth.

What both of these clients discovered was the power of coaching to empower them to bring about the changes in their life they most desired. When I work with a client I not only help them achieve their goals, I help them re-script and re-design their thinking and self-talk and thus their external behavior. My approach is radical, results-led and holistic.

### **IN EFFECT, A CLIENT CAN RE-DESIGN THEIR OWN LIFE FOR THE BETTER.**

How do you know if you need coaching? Take a moment to ask yourself if you have any unachieved goals or dreams, obstacles causing a delay or threat such as the past or self-sabotaging behaviour; a change in circumstances such as a job, divorce, income change; or a general feeling of discontent or constant stress.

Coaching is confidential and non-judgmental, and can produce enormous changes in a relatively short amount of time. Most of all, it gives the client a return on investment.

### **BEGIN THIS EXTRAORDINARY JOURNEY WITH A COMPLIMENTARY INITIAL CONSULTATION**



*Neelam Challoner is a qualified Life Coach with over 10 years' experience helping clients live a 'designer life'. Neelam offers private coaching to members at Stoke Park and runs Blue Letter Day-personal development workshops for organisations. Furthermore she offers youth coaching privately and in schools for 15-24 year olds.*

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