

New Focus – Life Coaching

Life Coaching is a process that is designed to help you manage your life problems more effectively, and develop and discover your unused skills and how to set, work towards, and achieve your life goals.

How does Life coaching work?

I utilise the Egan three stage model as a basis for the life coaching that I offer. I also combine this with the power of Focusing. You can learn both in your life coaching sessions. Focusing helps you find your inner voice, while Egan helps you achieve your goals.

What is Focusing?

Focusing is a simple but powerful tool that you can learn. Your body is a wonderful organism, which picks up information from your environment, and has a take on your life situation. Focusing is the ability to access the wisdom of your body, and discover the answers to your life issues, that lie hidden. By bringing your awareness into your body, your heart beating, breathing, you can explore and test out how you really feel about any issue, and discover ways forward that are right for you.

What is Egan's Three Stage Model?

Egan developed a model of change that can be used both in Business and in personal life. This model involved a three stage process.

- Telling your story, how did you get to where you are today
- Exploring how you want things to be different
- Exploring how you can set and achieve your change goals, that are Specific, Manageable, Achievable, and Time framed. (SMART GOALS)