



Positive Horizons Life Coaching

Learn how you can make 2008 the year you achieve your dreams and realize your full potential

IT IS A NATURAL HUMAN INSTINCT to want more from your life, yet many of us are afraid of reaching out and afraid of more disappointment. Traditionally, the New Year is a time to think about change and a time when we reflect on our desire to be happier, have more money, have better relationships, have more success, and to find a way of having a more satisfying life.

Most of us believe that we are better off doing it on our own – it is part of what we understand and accept about being ‘grown up’. However, we pay a price for this belief. As we struggle, stress and strive to achieve what we want, we find we have sacrificed the time to enjoy the fruits of our success. Often our health suffers and our relationships with others can become strained as we become more and more stressed. Even when we achieve ‘success’, it often isn’t quite how we had imagined it and we are not really fulfilled by it.

Some of us do reach out for someone – a guide, a teacher, a mentor or a coach – to help sort out our lives, assist us in setting goals, to uncover our real needs, and to work with us towards obtaining our dreams and aspirations. Athletes and musicians, for example, hire a coach or teacher.

Life coaching is a simple, yet effective form of personal development where the client and coach create an alliance that promotes and sustains the client’s personal growth and competence. This extremely powerful relationship enables the client to give up who they are for who they want to become. Those aspects of the ‘present’ person that the client might want to lose include doubts, fears, negative thoughts and emotions, and self-limiting beliefs that stand in the way of living a free and purposeful life.

At the start of the New Year, many of us have big plans about who we want to be and what we want to become, yet never actually do anything about it. Some of us are successful in our own terms but still find a feeling of emptiness inside. Life without purpose is hardly a life at all. Positive Horizons Life Coaching can help you find what is important to you and create a purposeful life that promotes those qualities or ideals, ultimately enabling you to live a fuller and richer life.

To find out more about how you can live your dreams, and try a **FREE coaching session**, contact **Positive Horizons Life Coaching** on 020 8292 5826 info@positive-horizons.co.uk or www.positive-horizons.co.uk