



**Do you want the keys to unlock
your full potential and find
happiness and success in life?**

To get the keys, book
a **FREE** consultation **NOW!**

Visit: www.positive-horizons.co.uk or
email: info@positive-horizons.co.uk or

phone: **020 8292 5826**

Please quote ref: **MF209**

*Give yourself the gift of a life coach.
Invest in yourself today.*



What exactly can a life coach do for you?

By Ian Barrett New Insights Certified Life Coach, B.Ed (Hons), MAC
Life coaching is about getting the very best out of someone. It has become one of the most popular methods of self-development around, and is used in all areas of life. Ian Barrett, who has a local practice, Positive Horizons, explains more about the benefits.

Life coaching explained

I want you to try to imagine a relationship where the total focus is on you and you alone, on what you want in life, and on discovering strategies for helping you achieve it.

Now imagine someone listening only to you, not only to the words, but also to what's behind them. Someone who listens to the very best in you, even when you are unable to hear it yourself!

Next imagine someone who is always there for you, to guide you, support you, motivate and inspire you on your journey to achieving your dreams and aspirations. Someone who will hold you accountable and keep you moving forward.

Can you also try to imagine someone who is totally curious about your dreams, what makes you tick, what you value, what your passions in life are. A person who will help you clarify your goals and provide the tools for action to help you get the results you want.

Imagine what it would be like if someone knew your values and life purpose and held

you true to them. Someone who would encourage you to press on, someone to celebrate your victories and help you learn from your setbacks.

Also, try to imagine someone who listens to you without judgment and allows you to show emotion. Imagine you get to talk to this person every week, even when you've made a mess of things or when you've had a great success. This is the place you visit regularly and consistently...to consolidate, to integrate and to push on.

How Positive Horizons can help

I can help you find a way to realise your full potential through a process of uncovering and then eliminating destructive behavioural and thinking patterns in your life.

I can help you achieve this by empowering you with specific tools and scientifically tested techniques that work. Coaching is a solution-focused approach to personal development that will help you make lasting changes in your life.

Please visit www.positive-horizons.co.uk or call 020 8292 5826 to find out more about how I can help you.

Read the testimonials about how I have changed people's lives.

If you quote this magazine, not only will you get the FREE consultation, but also a 50% REDUCTION on the fee for the first coaching session. Sessions can be done face-to-face, on the telephone or via Skype.

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