



Positive Horizons

Experience the power and magic
of Life Coaching

When most people hear the word 'coach', they invariably have a picture in their mind of a sports coach. Sports coaches support and encourage the athlete to push themselves hard to reach their full potential and achieve their goals. They help them to be faster, bigger and better – something that would be hard to achieve without a coach. The great philosopher Galileo once said, "You cannot teach a man anything. You can only help him discover it within himself". This quote is profound as it sums up coaching in its purest form. Life Coaching is about living your life in keeping with what's important to you. It enables you to a) take stock and get clarity, b) regain control and c) achieve balance in your life.

When explorers set off on an exhilarating journey, they may well take a guide or indeed a map. When they complete the journey and celebrate their achievement, they know they are responsible and have achieved their dream. But they also know that they probably wouldn't have done it without the help of the guide or map. The guide did not make the journey for them, but it was there at every stage to encourage, motivate, help with the navigation and remind the explorer why they took the journey in the first place and kept them on course.

Similarly, having a coach is all about YOU and assisting YOU in finding the key, to see through the fog and to give you the tools and insight so that YOU can achieve everything you wish to achieve. The positive power and magic of life coaching is without doubt immeasurable. □

To find out more about starting your journey to realising your dreams contact Ian at **POSITIVE HORIZONS LIFE COACHING** on **020 8292 5826**, email info@positive-horizons.co.uk or visit WWW.POSITIVE-HORIZONS.CO.UK