

When might Life Coaching be a good option?

When you find yourself saying one or more of the following.....

I've been feeling a bit fed up lately. I don't seem to be enjoying my job like I used to.
(Work issues)

All I seem to do is work and sleep.
(Lack of work/life balance)

I wish I could get my head straight!
(Confused thinking)

I know I need to do something but I can't decide what and it's driving me mad.
(Confusion and lack of focus)

I'd love to be able to do something like that.
(Low confidence)

I always seem to put myself down.
(Low self esteem)

It makes me cross that he/she just seems to get his/her own way all the time.
(Lack of assertiveness)

I'm not sure where I'm headed.
(Lack of direction)

I just can't get myself into gear to get it sorted.
(Lack of motivation)

I can't seem to switch off at the moment. Things seem to be getting me down.
(Generalised anxiety)