

COACHING BY IVAN

Personal Coaching

Many of us feel 'stuck' at times in our lives or are struggling to make the kind of changes we want. Too often we find ourselves procrastinating, or repeating the same old actions, (or non-actions), negative thoughts and unhelpful habits we've been meaning or wanting to give up for years.



It is **not your destiny** to continue that way – you have the **free will** to change.



People often want their **situations** to change, but without really changing **themselves**.

While the idea of personal change can be daunting, continually not making the changes that we know in our **hearts** we need to make, can become far worse! It's our **minds** that create the obstacles to change.

I coach people who want to make personal changes and achieve more. **Or rather, I successfully coach people committed to making the personal changes necessary to achieve their visions and goals.**

Thoughts and Beliefs

When **thoughts**, which are **transient** in nature – (they come and go), become persistent and repetitive, they grow into **beliefs**, which are **prevailing** in nature.

This is the source of the real problem, because when we have a **prevailing belief** that we can't make the changes we want, our reality aligns with this belief, making any fulfilling progress even harder to achieve, let alone sustain. This is when **good Coaching** can really help.

Neuro Linguistic Programming (NLP) is particularly effective at dissolving **limiting beliefs** and creating and sustaining **new ones**. As a certified NLP practitioner, my Coaching calls on these techniques, and other tools from my own experiences as a life coach to address the *real problem*. Then the change process can really begin and you become free and empowered to start achieving your goals and visions.

Your Commitment to Yourself.

Combining the new beliefs in yourself with **keeping your word** when it comes to the actions you commit to taking, is key to achieving both your short and longer-term goals and objectives.

So, in addition to the **Personal Coaching sessions**, I include **inter-session support calls** each week to help keep you on track and support you using your **free will** to keep your word. I am both your Coach and your accountability partner throughout the programme.



Finally making those changes and fulfilling long-desired goals **feels exhilarating**. You won't ever want to go back to how you were, because as the evidence of your achievements grow, so does your confidence, self-belief, self-respect, motivation and zest for life.

You will feel more and more powerful with every 'word' you keep and change you make. The feeling is addictive, and you won't want it to stop. It becomes as though **when you say you will do something, it is as good as done.**

Could this be for You? If so, read on.

I'm offering one-to-one **Personal Coaching Programmes** with a recommended six sessions. *(These are normally weekly; however the frequency can be flexible to accommodate other commitments you may have.)*

The Programme of six, 1.5-hour sessions, (including inter-session support calls and programme material) is **£445**.

Or paying per session, (including inter-session support calls and programme material) is **£90**.

The Coaching sessions can be **in person** at Burbage, Wiltshire, or **online** using Zoom, or a mix of both.



I'm also offering a **free, no-obligation 20-minute Introductory Session** during which we can discuss the issues you would like Coaching on and I'll answer any questions you have about the programme so you can decide if this is for you.

Call, message or email me to arrange your free introductory session, or to book your programme.

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