

**Are you looking at making changes this year?**

**Are you stuck in a rut or at a crossroad in your life?**

**Are you wanting to lose weigh but can't get motivated?**

**Do you have ongoing problems with your career, relationships, or just life itself?**

**Life coaching is the answer**

### **Life Coaching and Meditation Centre of Excellence**

Our mission is to help you become the best possible person you can be. Mentally, physically, and spiritually.

We offer highly qualified and compassionate trainers/coaches for Life Coaching, Meditation, Yoga and Pilates.

They will guide and motivate you every step of the way to achieve all your dreams and goals.

They will make you be the best you can be ☺



### **Life Coaching**

Your Life Coach will give you the confidence and the ability to move forward in a positive manner in all areas of your life where you crave change.

Life Coaching is about breaking down the barriers preventing this change from happening, and creating the ideal environment for positive action to take place. It is a holistic approach, which looks at the present and sets goals for a totally successful future.

### **Career Coaching**

Are you at a crossroads in your career and at a loss about what to do next? Do you want your work to be in alignment with the authentic you? It can be difficult to assess career options, goals, and strategies, and have the confidence to implement changes on your own. With the right coaching support, you will gain the clarity that you need to take control and have a fulfilling and rewarding career.

### **Wellness Coaching**

Health and wellness coaches help their clients find the motivation and tools to achieve their health and wellness goals, working with the client to examine and improve the psychological framework that supports those goals.

### **Why Would I Need Help?**

Coaching is for anyone who wants to make lasting changes in their life.

Coaching can assist with such issues as:

- ✓ Creating a better work- life balance
- ✓ Resolving relationship issues
- ✓ Career guidance
- ✓ Stress management
- ✓ Weight loss and fitness
- ✓ Motivation and goal setting
- ✓ Boosting your self esteem
- ✓ Overcoming negative emotions and thoughts
- ✓ Better time management

### **Meditation**

We specialise in teaching meditation from beginners to advanced and teach a variety of techniques for stress reduction, peace of mind, stillness, and clarity.

### **Yoga/Pilates**

Your highly qualified and experienced Yoga or Pilates instructor will come to you and create a fun and varied workout based on what you enjoy and what your goals are.



**LIFE COACHING**  
AND MEDITATION CENTRE OF EXCELLENCE

