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Working together to point you in the right direction

Life Coaching

Maximising Your Personal and Professional Effectiveness

Is your life pattern working perfectly, do you regularly set yourself personal goals to achieve, and do you always achieve what you set out to achieve?

If you do, well done, give yourself 'a pat on the back'

If you don't, ask yourself why.

When did you last set yourself some personal goals?

Do you know exactly what have you achieved over the past few years?

Do you know exactly what you want to achieve over the next few years?

How good are you at balancing out your work and your leisure time?

What is it that keeps you awake at night?

How confident are you about your ability to succeed?

Who do you talk to about your ideas and aspirations?

These are just a few of the many issues that would be discussed with your Life Coach on a CMF Life Coaching Programme.

Life Coaching Programmes are a way of providing individuals with personal support that is committed to their success and development. Your Life Coach will make a difference to your life by supporting you and encouraging you in your personal and professional development.

Your Life Coach will work with you to enhance your quality of life and show you ways to achieve your goals. They will help you to identify where you are now, where you want to get to, and how to get there, not simply by imposing their ideas or telling you what to do, but by helping you to find your own way and keep you moving along that track.

Life Coaching is a concept that is rapidly helping people of all ages to move forward with confidence. Each person is allocated an individual coach whose job it is to coach and mentor the individual in a variety of skills and attitudes, act as a sounding board for new ideas, concepts or career plans, and develop new thinking and learning styles.

All Life Coaching Programmes are designed around you and your individual needs. No two programmes are alike because no two people are exactly alike.

If you would like to know more about Life Coaching, call now and arrange with CMF for a no obligation discussion as to how this concept can add value and benefit to you and your future.