



likemindid

Improve Life with Life Coaching- *C'est La Vie*

Deciding to use a Life Coach

Individuals cope with challenges in their life in very different ways. However, failing to deal effectively with these challenges can lead to:

- Stress
- Loss of Confidence
- Low Self Esteem

It is important to take control of your life, reacting proactively to challenges, in order to achieve success.

Life Coach, like those at **Likemindid**, can help you **overcome your challenges** and give you the competitive edge in a range of situations and scenarios.

Scenarios where a Life Coach can give you the edge

A Life Coach can support you with challenges faced in:

- Relationships
- Health
- Retirement
- Stress
- Redundancy
- Motivation

The Likemindid Approach

Likemindid takes a different approach to coaching. Our approach goes beyond office-based tuition and coaching, utilising the **urban environment** to help you overcome obstacles and achieve your goals. Our consultancy service is entirely bespoke; we will respond to **your feedback** and **shape your journey** in line with your requirements

Our overall aim is to empower you to be successful.

Read more about **Likemindid** and our success stories on our website:

www.likemindid.com

creative coaching that empowers you

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Your Experience of Life Coaching

You should feel relaxed with a Life Coach. You should be able to lower your defences, and feel open to discussing challenges you are facing within your Life. All coaching sessions are entirely confidential.

Likemindid coaches will work with you to analyse the challenges you face, and will coach you to identify and use your strengths to achieve your full potential. **Likemindid** Life Coaches are qualified Chartered Psychologists. As such, you can trust in our professionalism and be confident that our results-oriented approach has undergone a rigorous testing phase. You will be able to meet the coach before committing to any coaching, to ensure they are a good match for you and your goals.

Approaches used by a Life Coach

Likemindid Life Coaches may utilise one of several models to support the client. One of the most common models we use is the **GROW** model. The **GROW** acronym stands for:

G= Define the 'Goal'

R=Explore the current 'Reality'

O=Decide on 'Opportunities'

W=Examine 'What happens next'

Likemindid models are used in combination with a wide array of psychological and coaching tools, to ensure that our bespoke coaching represents the **best fit for our clients**.

Contact **Likemindid** for more information