

ANYTHING IS POSSIBLE!

The Power of Hiring a Professional Coach

The dawn of a new year typically invites us to take stock of what is important—what to look forward to and what we might like to clean up in our lives. Despite our best intentions, there are times when we find moving forward difficult, when making choices to launch a new career, travel, purchase a new home, downsize, change a relationship, or choose a healthier lifestyle can be challenging. Something is stopping us or getting in the way, preventing us from moving forward and living the dream.

Enter a professional life coach. A coach acts as the “rudder,” helping the client navigate through what can be difficult waters. The client is the “skipper,” driving the conversation with his or her own agenda while the coach asks the powerful questions and offers inquiries, encouraging the client to look at life from a new perspective. Typically, to successfully move forward, the client must consciously overcome whatever obstacle is stopping the client from living fully in the present, therefore creating endless opportunities for the future.

The coach-client relationship is absolutely confidential and lasts as long as the client requests the coaching. On average, a client spends 3 to 6 months working with a coach once a week for up to one hour, either over the phone or in person. Throughout the coaching process, the client is very much in “coach mode,” navigating through the layers that surface from week to week.

Coaching is a powerful and exciting opportunity for anyone who is up to living a life of fulfillment, joy, and possibility! **bm**



For more information about how to begin the coaching process, contact Catherine Smart, Professional Coach, Smart Move Training and Development Inc. at (519) 599-2785 or visit www.smartmovetraining.ca.