

Three Coaches, Three Approaches by Rachel O'Reilly, Morph PR www.morphpr.co.uk

If there is something in your life you want to transform, whether it be embarking on a career change, starting a new business or even having a healthier lifestyle. Guidance to achieving these goals through "Life Coaching" is fast becoming a popular choice.

We sent three worthy volunteers to sessions with the life coach of their choice to see what it could do for them.



HEALTH COACH

Local childminder and mum of two Louise Phipp visited Sarah McKay from 'Your Health Coach' to find out how to have a healthier life:

"With a family history of diabetes, I know I should be careful about what I eat, but with two young children to look after, I have very little time to think about myself.

Before our first session I was asked to record everything I ate and drank for a week. Sarah used the analysis of my food diary to explain how my diet was affecting me and helped me to come up with some healthier solutions that fitted in with my day-to-day life.

Sarah noticed that although I plan evening meals, it was lunch times that were letting me down. She helped me to devise a weekly meal planner and after just a few days of following her suggestions my energy levels were the best they've been since I've had kids, I'm eating really well and enjoying it.

Shopping has become easier and two weeks on I'm feeling healthier and more energetic (power walking with my double buggy!) - I have learnt some really valuable skills from Sarah and feel much more in control of my family's and importantly my own health!

I would thoroughly recommend Sarah's programme to anyone needing to get their eating habits back on track."

'6 weeks to a healthier you' package for £199

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BUSINESS COACHING

Allison Marlowe runs 'The Business Accelerator' providing coaching and mentoring services for women in business, she met with me to discuss my Marketing and PR Company "MorphPR".

"My time with Allison began with a free mini accelerator session during which she completed a business assessment in order to get a better insight into my business. I went away full of ideas for the future and practical actions I could put in place immediately.

I then arranged for a full session which would help me work through the issues highlighted by our first session. Allison used her expertise in networking and coaching techniques to tackle my fear of 'networking events'. Her insight combined with the chance to consider things from a different perspective, really helped my confidence. Also having the opportunity to discuss my own marketing needs was really helpful.

Allison followed up our session by sending me some business formulas that have helped with my service development. I now feel refocused and would recommend having a business coach to anyone with their own business."

Women's business networking group - £7 per session

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CAREER COACHING

David Hollingsworth, a chartered Surveyor met with Karen Williams from 'Self Discovery Coaching'. Karen is a career coach helping people with further employment, promotion or career changes.

"I have been thinking about my career development for some time and so grabbed this opportunity. It's hard to find the time to think about your career objectively when you are caught up in the day to day.

My session with Karen was a real eye opener, having never considered coaching before I will definitely be going back. I was really surprised at what we covered in an hour and how she was able to ask the right question at the right moment.

Karen managed to draw ideas out of me effortlessly which although I had been vaguely aware of, I would never have stopped to explore on my own. During the call we agreed an action plan to move me forward which will be followed up with mini coaching sessions to keep me on track to achieving and reviewing my goals.

Becoming aware and exploring issues which could inhibit my career growth and change felt like a real investment in my career. Thank you Karen".

£60 per session by phone and £70 face to face with a discount for block booking (6 for the price of 5)

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