



## How To Start

We offer one to one coaching and our special 2 to 1, where two of our most experience coaches work with you to look at your challenges from both sides to move you forward.

So call or e-mail Dee or Paul to schedule a **free no-obligation** 30-minute coaching session. This will give you a taste of health-coaching and a sense of who we are and how we work. Then you can see for yourself how you can benefit from the life coaching process.

Investment - £90+vat per one hour, £150+vat per two hour session

## New Oceans Health Coaching

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Start living your successful future now – if you can dream it you can be it...  
and we can show you how!

## How you can have the health you deserve without the pain!

Most of us have something that we could improve upon.

Perhaps, for you, it's your **weight**.

You may **smoke** and want to stop, but don't know how,

You may have an **illness** that won't go away.

You could have an **allergy**, perhaps asthma or hay fever or any illness that the medical professions have not been able to treat.

Perhaps you have a **phobia** or **fear** that stopping you.

Perhaps you have wide mood swings... perhaps even have bipolar.

You may want to get rid of your problem, most people do, but you may have not found a solution that works for you. If you are like the majority of the population, knowing what to do and finding out answers is your main concern. There always seems to be conflict about what is right and wrong concerning antibiotics and pharmaceutical drugs in relation to your health and fitness. Finding the solution and balance can be very difficult.



*We specialise in overcoming..*

**Emotional Disorders**  
**Anxiety**  
**Smoking & Habit Control**  
**Depression**  
**Diabetes**  
**Stress Management**  
**Eating Disorders**  
**Weight Management**  
**Life Transitions**  
**Phobias & Fears**  
**Motivation problems**  
**Self-Esteem Issues**  
**Learning Problems**  
**Substance Abuse**  
**Relationship Issues**  
**Decision Making**  
**Post Traumatic Stress**  
**Bipolar**

*...start now with New Oceans Health Coaching*

With us you will at last achieve that breakthrough you've been waiting for. Not yet living your life? – You will be!

# New Oceans...Health Coaching

With our help you will be turning grey to colour – achieving that future you've been waiting for.

**Would you like to design and create the life you really want?**

**Are you ready to make changes in your life, your work, or both?**

**Do you want more balance and success, more time and less stress?**

New Oceans Life Coaching moves you from where you are now to where you want to be.

**Perhaps you are someone who is:**

- Feeling stuck, unsure about your future and not clear about a way forward
- Extremely busy and feeling overwhelmed with all that you have to do in your daily life, and too busy to enjoy your life
- Successful and now wanting to create a life you love
- Spending your life taking care of everyone else and wondering how you've got so lost in it all
- Struggling to communicate openly and effectively
- Perceived as "in control" but lacking self-esteem
- Taking on too many tasks and struggling with your priorities
- Lacking motivation and direction
- Needing to make changes in your life, but not knowing how or where to start



*A New Oceans Coach encourages and supports you to make the changes you want. Our coaches will help you to.....*

***Design a life that fits who you are...***

***Create compelling goals ...***

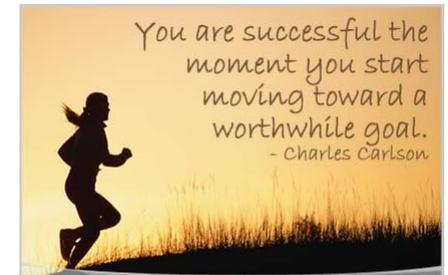
***Clear obstacles from your past ...***

***Break through stuck thinking ...***

***Develop and put into action plans that move you forward***

**This is what you get on the your New Oceans Health coaching session**

- A vision setting out what you want in your health
- A detailed personal history which establishes the root cause of the problem
- A comprehensive clearing of all the major negative emotions and any others that are stopping you from being totally well
- Clearing out any restricting beliefs that stop you from having the health you desire
- Concentrated focus on your health using metaphors of the body so you can gracefully understand how to get into the state of talking with your body
- Finding out what is important to you in your health and realigning your mind and body to those values
- Learn techniques that enable you to directly communicate with your unconscious mind so you can continue to work on yourself, even after the session.



**Life & Health Coaching the NLP way**

*Life in the 21st Century is extreme. More and more people seem to be experiencing increased stress in their lives. We frequently hear complaints about not enough time; job burnout; being confronted with too many decisions and choices, or not enough.*

*Neuro-linguistic Programming is the study of the structure of how we do what we do, how to access resources we've forgotten we have, to empower us to move forward. This help has also now arrived in the form of life coaching with NLP, a powerful antidote to the challenges of life in the 21st Century. A New Oceans life coach helps you think out loud, and is your supportive wake up call, and your partner in achieving your personal and professional goals; to find out what makes you happiest in life, and to brainstorm ideas on how to achieve and keep every area in your life fulfilled*