



## 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 life-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 - £50+vat per one hour, £75+vat per two hour session

## New Oceans Life 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!

## ARE YOU REALLY LIVING YOUR LIFE?

Do you sometimes feel your life now is not the real you?

*We will help you....*

***Break through - to a more effective you***

***Break through – to the life you want to live from now on***

Are you actually doing what you want, at work or personally?

Is the creative you stuck and finding it hard to realise your dreams?

Are you existing in a world of grey, wishing you could bring some rainbow colour to it?

When your senses tell you there's something missing then you aren't really fully living life!

Whatever is stopping you being who you have the potential to be, living the life you dream of, we will work with you to achieve the breakthrough from grey to colour, from how you are to how you want to be.



*If you want..*

***A new sense of passion, energy and enthusiasm***

***A more balanced and fulfilling life***

***Enhanced and satisfying relationships***

***Less procrastination and fewer stops***

***More clarity, focus and direction***

***Faster and bigger results***

***Increase earnings and productivity***

***Increased self-confidence***

*...then New Oceans Life Coaching is for you*

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

# New Oceans... *Life 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 Life 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***

**You may know what you don't want, but what do you want in your life?**

- More satisfaction and success in your personal life, and in the work that you do
- Peace, joy, excitement and fulfillment.
- To be more focused on your life and work to achieve the results you want
- To discover what you really want in life, identify what truly inspires you, and orient your life around only those activities
- To cut out the things that aren't working and keep only those activities, people, and things you truly love
- To take care of yourself now, not just other people
- To feel confident
- Clarity
- To improve your individual effectiveness
- To find your inner motivation
- To set priorities in your personal and business life
- To create the wonderful simple lifestyle that you love and want most
- Balance in your day to day activities and the roles that you have.
- To uncover the fun and creative part of you
- To be as well as do – live, not just exist



**Life 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*