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## **SPRING CLEAN YOUR LIFE**

Spring cleaning has its origins in ancient history. Back then; with no labour saving devices and no electricity, spring marked the start of the season when the weather allowed a complete cleaning of the cave or house.

Since then, the tradition has been maintained but now there is a new angle. It is called coaching and it is, in effect, spring cleaning for your life.

Coaching is one of the most effective ways of staying green and growing instead of becoming ripe and rotten. It is simply a way of looking at where you are now, where you want to be in the future and how you are going to get there and live a life that is truly your own.

*"A few people are able to do this for themselves but the vast majority find that having an outsider like me to keep them on course is a vital ingredient in their life spring cleaning."*

In a recent report by the ICF (International Coach Federation) commissioned PwC to survey the effects of Life Coaching. From Sept-Nov 08, 2,165 coaching clients from 64 countries responded. Highlights include:

- 96.2% of coaching clients report they would repeat their coaching experience.
- 82.7% of coaching clients report they are 'very satisfied' with their coaching experience.

(Report published March 2009)

As we travel on the journey that is life we pick up and carry excess baggage in the form of worry, guilt, fears and false beliefs or expectations. Coaching is a powerful way to develop a positive mental attitude and take steps to achieve our full potential.

In the same way that the onset of spring is often the catalyst that triggers a burst of domestic action, so a coach can be the catalyst that allows amazing and positive changes to happen.

*“I achieved all the goals I set far faster with his assistance than I would have done on my own. I can highly recommend him”. Elaine Gleeson, Associate Coach and Writer*

*“My coaching journey with John began with a rather vague goal and I wasn’t even sure it was obtainable! John has a clear questioning technique, a sensitive approach and the ability to apply just the right supporting exercise at just the right moment. These were like magical hat tricks and have helped me move forward, understand more deeply and see more clearly. I truly learned so much. I now have a clear path ahead – thank you so much John!” S Taylor, Artist*

*“I have seen great results working with John and would recommend him to anyone who needs or wants to take their lives to the next step. Thanks for your help John” A Waterman, Life Coach*