

Why you need a Change Coach

Don't get bogged down in the day-to-day details, think about the future

Life often seems to be most satisfying when we start new ventures. Paradoxically, this happens taking risks and being vulnerable.

All too quickly that pioneering spirit that brings energy and passion into our lives gradually replaces the need for comfort and stability.

Why is it so difficult to maintain high levels of energy and motivation over a whole life time?

Certainly the freshness of the challenge, a belief in our own potential and a sense of unlimited possibilities can bring out the best in us.

If we make time to review and renew our lives on a regular basis, continuous improvement becomes a natural state of mind.

The best time to get a Coach is when things appear to be going great, or when we are starting something new; even risky.

To stay fresh and fulfilled we need a steady flow of new ideas and a diverse range of experiences and skills to draw on. This takes commitment and a desire to be the best we can be.

“The best time to get a Coach is when things appear to be great”

All too often we get consumed by the day-to-day demands on us and we then fail to devote enough time to expanding our lives. The desire for success raises expectations which can be difficult to sustain – yet we know that real success requires perseverance.

Most of us want to be happy and live a life that is meaningful to us. A sense of achievement is vitally important, as is our desired to leave a legacy that benefits those we care about.

Coaching tends to be valued by people who are proactive and future focused. They believe they live in a world with no limits. They are looking for balance and peace of mind. They want to find out what they can do to create success with contentment, and who can help them get it. This is where Change Coaching comes in.

The likelihood of success is greater if we know what new worlds need to be created or conquered and what new beliefs and behaviours will make it more likely.

Many of us have strategic plans for our work objectives but seldom for our own lives. By knowing where we are going in life we are able to make better choices and get more of what will be an investment in our future.

Comparing our personal strategy with that of our business or organisational goals creates an alignment of what constitutes real success.

A Change Coach helps people review what they know now, reflect on their life goals, reposition their commitments and rejuvenate their desire to make change happen.

The coaching relationship works best when the coach keeps the client's dream alive, even when doubt and denial spring to the surface. The coach has to be just as committed and enthusiastic as the client in achieving their goals and dreams.

The Change Coach knows what the ingredients of success and excellence actually requires. Only the client knows what they will look and feel like. They must be clear about the solution they want in order to make the right choices to make it happen.



So

- What's next for you?
- What do you want to achieve that's really important to you?
- How far would you be prepared to go?

Get more information about Change Coaching from:

<http://www.ontological-coaching.co.uk>

Steve offers personal and professional coaching that will improve your way of being. If you think life is great just now, take some time out to design the life you really deserve.