



ImaniCoach™

Life! Take on the exciting adventure...Achieve your dreams...Enjoy the journey...Now!

Hi All,

Spring is in the air...mornings are getting brighter ...and...life goes on...

Seasons come and seasons go and yes, as always, if we have been given breath to breathe, surely we must live this life with gusto, strength, courage, integrity and love. For whether or not we choose to be happy, joyful or walk with a spring in our step, seasons will still come and seasons will still go.

So, how do we continue, when something hasn't worked out...AGAIN! (or something has dramatically changed the course of life)?

Finding our 2nd wind (or 144th!!)

Whether that something, be a business, a relationship, a job, a course or a major life event, not many of us 'escape' the upset, pain and challenges this life brings, so how do we move forward?

Is it always about the learning and the growing? Something we never want to think about when we just want the pain to go away and things to turn back to 'normal'. Yet if we live in this world no matter what class, colour or how much money we have, all of us have similar human struggles except that some may be more basic like, how to find clean water and a hot meal for the day, while for others its career or property climbing or 'how do I add value?', 'what's my purpose in this world?'. It's all relative, plus, every single pain or challenge is real.

However, somewhere deep inside all of us is our yearning to survive, our thoughts that if we can just walk another step, it will get better...that there is something more, just around the corner. While that hope is grand, are we missing what is most importantly happening right now, this minute? Are we always looking back or forward only for someone to tap us on the shoulder in five years time and say...look....look back...this thing called life...you missed it!

Okay, back to how we pick ourselves up and dust off the cobwebs. There is surely, a time for everything and sometimes in no particular order! A time to cry, to laugh, to share, to keep silent, to plan, to take action, to start, to stop, to stand still, to run, to close the curtains, to hug pain, to fling back the curtains and let the sunshine in...

No matter where on that journey we may be...dig deep...think again...pray again...use the resources around you...reach in and find that tiny speck of inner strength and realise, first, how far you have already come, second, that seasons change and it won't always be like this and thirdly, that we have been most beautifully and wonderfully made and we have an immense ability to rise and still rise again, like the phoenix rising out of the fire...more beautiful and colourful than ever....

Sure, it will take time, hard work, heavy thinking sessions, a changing of thought processes, heavy talking sessions (with whoever is needed), big decisions, a few choices, maybe many inward tears and frustrations but muster up some courage...go on...big sigh...and then take one step...then another...and another...

Then maybe one day there will be a sweet inward smile and not just an outward one for the world but one, which will give warmth, energy and the ability to find that 2nd wind.

Snippet

Whatsoever situation/status/job/relationship we find ourselves in....maybe its time to stop looking for greener grass and tend to the grass we have.

Benefits of coaching

- Talking confidentially to someone about any area of your life, without judgement but with plenty of support and encouragement
- Increased confidence and clarity

- Improved awareness of who you are and what it is you really want/need
- Re-enforced belief in your own ability to find the answers

Or, to put it bluntly, it's a gentle but firm kick up the backside!

My services (mainly telephone based)

- Normal sessions are 50mins-1hr, whereby the client will ring at pre-booked times agreed with the coach.
- Coaching available: Mon - Wed 8pm - 10.30pm; some Fri's 9am - 3pm; Sat 11am - 1pm.

Do forward this to anyone you think might be interested, alternatively, if you no longer wish to receive this newsletter, please let me know. For more information or any comments, please feel free to contact me (details below).

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Life Coach**

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NB. See my profile under 'Find a professional' at the website: www.wellbeingnetwork.co.uk (just type my name in).

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NB. I am committed to you becoming more of who you are. We will celebrate your achievements plus explore your real goals and desires, supporting but challenging you to succeed/grow in the areas of your choice.