

Life Coaching: Clarity to Success

Do you have someone in your life who will support and encourage you without judging you? That's exactly what a Life Coach provides! If you are overstressed, stuck in a job you hate, not sure of your next step, then a Life Coach may be just what you need.

We can all use a coach at various times in our lives to encourage and support us, helping us to become the best we can be. Individual coaching sessions are usually in one to one coaching sessions but you may also phone your coach to make scheduling easier and removing the need for any travelling.



Why have a coach?

Life Coaching & Mentoring

Written by Administrator

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- **your life is unbalanced**
- **your life is too busy**
- **you are going through a transitional time**
- **you can't get organised**
- **you need a new direction**
- **you are having difficulty making decisions**
- **you are having difficulty setting goals and/or meeting them**

What is your goal ?

A group of Harvard graduates were asked how many of them had written goals and action plans for their lives

3% had clearly defined goals

13% had unwritten goals

84% had no goals in any shape or form

A 10 year follow up showed that 3% who had written goals were ten times more successful than the others

Star 2 Success Life Coaching :

Your Star 2 Success Life Coach will ask a lot of questions, listen intently, provide advice and feedback and support you to achieve your goals. Star 2 Success Life coaching deals with devising action plans towards specific goals; it does not require you to have a business plan.

Our Life Coaches are experienced, intuitive and incredibly perceptive when it comes to human behaviour; their quick business mind means you get great value.

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