



September 2010 Newsletter

Life and Business Coaching

This story was gifted by Anne Taylor of DIRECTIONS – Coaching for Results

While I was working at a table in a gallery cafe I became aware of the presence of a man and woman. He was 90 years old and his “female friend” was 86 years old. My choice was to stay focused on my work or take off my iPod headphones and become engaged with these people next to me.

Off went the power and immediately he asked what I was working on and what I did for a living. When I replied that I am an executive and life coach he said he’d never heard of that profession and could I explain. After my brief explanation he asked if I could help someone his age achieve his goal? I asked what his goal was. With a big smile on his face, he said to live. To which his friend very quickly jumped in and enthusiastically said *“you don’t just want to live, you wouldn’t be happy with just that, you want lots of life in that live!”*

He had been a professional librarian after the war, working in Canada, the US, the UK and Europe. He loved his profession, helping other people learn, being exposed to so much new and exciting information, and assisting people from around the world. Take note of the language he used: loved his job, assisting others, learning, new, exciting ... A career of passion and service had led to this fulfilment. He had to retire when he was 86 and has since tried to keep active, busy and social. Well, if his interaction with me was any indication he was doing a great job. When they were done with their coffee and cake he thanked me for my time and for sharing my passion with them and bid me a good afternoon. But not before he asked for my business card to maybe take me up on my offer to help him pursue his goals!

How many of us who are half his age have forgotten to live, “with lots of life in our live”?



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Life, business or executive coaching is all about **helping you get very clear about what you want most**, creating a plan that aligns with your values, builds on your strengths and supports you to make all the changes needed to achieve the outcomes you desire.

Some people come to coaching because they have a big dream: to write a book, start a business, become a DJ. Some in order to be more effective or more satisfied at work. Sometimes people want something more life – more joy, more peace of mind, more simplicity. And sometimes they want something less: confusion, less stress, less financial pressure.

Life and business coaches know that any plan without action and commitment remains a dream. (That's why so many New Year's Resolutions end in failure). Intention alone does not change behaviour and rarely translates into sustainable change. However, when you develop a vision for your life and career that is in direct alignment with who you are, and what you most want to do in life, you become inspired. And inspiration, coupled with the right support and accountability, changes everything.

This 90 year old man's vision was to have 'lots of life in his live'. A coach would expand that vision – What would he see? What would he feel? What would he smell? What would he taste? What would he hear when he has lots of life in his live? When this vision is aligned with his values: assisting others, learning, new, exciting ... all of which reflect who he is – there is the exciting opportunity to create **'lots of life in his live'**.





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What do you want in your life?

Do you find yourself: with a big dream not yet lived; at a crossroad; believing that deeper and more meaningful success is possible in your life, career or business; feeling unfulfilled; stressed out or tired of the results you are currently getting? If any of these are true for you, professional coaching may be exactly what you've been looking for.



Some people may work with a life coach on very specific issues for 3 months. Others find life coaching so useful they choose to stay longer. Usually sessions are twice monthly, allowing time in-between to work on different things. A session is typically 50 minutes or an hour long. Coaching can be face to face or by phone, allowing flexibility. Most coaches offer a sample session so you get to experience it – why not give it a try?

We have

If you think that your lifestyle has the potential to create long term health problems talking to a counsellor will help. Consulting a nutritional therapist or dietician will also give you the necessary tools to implement change.

Visit our website www.orchardleeds.co.uk

or call **0113 281 9493**.

We have over 30 Counsellors, Psychotherapists and Psychologists at **The Orchard**, who would be pleased to book you in for counselling, as well as a host of Complementary Therapists.