

Call for a free 30-minute coaching session!

It's a funny thing about life. If you refuse to accept anything but the best, you often get it.

Somerset Maugham

Life coaching

Imagine having a relationship with a person who is sometimes more committed to what you want from life than you are. Then imagine what it would be like if that person knew your values and your life purpose and was holding you true to them. They would hold a flag at the top of the hill, encourage you to press on; they would celebrate your victories and help you learn from your setbacks.

This person is a life coach. As a life coach I'm a bridge. I don't make your journey for you but I'm there as a link to help you get from where you are now to where you want to be. I'll help you hold your vision, overcome any obstacles, and reach the finishing line. If you're not clear where you want to be, that's not a problem, I will help you clarify your goals and then help you to achieve and even exceed them.



Is coaching for you?

People come to coaching for lots of different reasons. However, the main reason is they want **change**. Sometimes they simply want things to be different; sometimes they have an important goal to reach.

Maybe you want to write a book? Start a business? Have a healthier body? Or, have more order and balance in your life?

Maybe you simply want more from life:

- . More peace of mind
- . More simplicity
- . More joy
- . More job satisfaction
- . More money
- . More love

Maybe you want less of some things in your life:

- . Less confusion
- . Less stress
- . Less pain
- . Less financial pressure

If you want to take responsibility for your life, coaching can work for you. You need to be able to:

- . Decide what changes you want
- . Be honest with yourself and your coach
- . Carry out the actions you agree with your coach

How does it work?

Coaching can take place either by phone or in person. If you opt for telephone coaching, session times are more flexible (anytime between 7am and 10pm) and location is not an issue. Clients who opt for face-to-face sessions usually have sessions between 9am and 5pm in the Birmingham area. I recommend you start with weekly or fortnightly sessions which can be elongated to monthly sessions if that is appropriate for you.

Together we will:

- . Agree what areas in your life you want to change
- . Set goals and targets to help you make these changes
- . Clarify your values, and ensure your goals are aligned with them
- . Review your goals regularly keeping you focused on your target
- . Remove any beliefs that stops you achieving your goals and making the changes you want in your life
- . Celebrate your successes

Predencia's profile

My purpose in life is to be a catalyst helping others to grow. Therefore coaching is the perfect profession for me. In one form or another, I've been coaching all my life. In my early career as a teacher I worked with children in inner city secondary schools helping them fulfil

Taking a new step, uttering a new word
is what people fear most.

Fyodor Dostoyevski

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their potential. I then took psychology qualifications to enable me to help children and adults overcome behavioural problems and live more rewarding lives. When I'm training, I work with organisations to improve performance. I believe in the power of positive thinking and I know that if you take action you can effect real and lasting changes in all areas of your life – in relationships, health, finance and spiritual well-being.

My passion is people. I strive to help people enjoy their work, live in positive and supportive relationships, connect with others in a real and meaningful way and live fulfilled and happy lives.

What clients have said

'Predencia helped me to stop intellectualising and take action. It's made a big difference to my personal life and my work.' Solicitor

'I hummed and hawed for years about starting my own business. Working with Predencia gave me the motivation to get going. I now have my own thriving business.' Management Consultant

'My teenage son and I just couldn't get on. Predencia helped me to see that making a few small changes and treating each other with more respect was what we needed for a more harmonious relationship.' Parent of 15-year-old

'Predencia encouraged me in a very supportive way to look at the thing that had held me back for years. Now I'm moving forward and loving it.' Complementary Health Therapist



If you would like a free 30-minute coaching session or to discuss how Oasisolutions can help you please contact:
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personal & corporate development,
performance coaching & training

Changing Winds?



Let me help you
adjust your sail

Life Coaching
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