

Why do I feel so disorganised?

Irene is a woman in her forties with two school-aged children. She was suffering from a loss of energy and feelings of lethargy and inadequacy. She felt disorganised and judged harshly by others. All attempts at improving her physical condition had little lasting result. Irene decided to consult a life coach and counsellor and so began a journey of self- exploration. With the help of her coach Irene was able to find balance between worldly practical necessities and her own quiet, calm nature that had been crying out for attention and acceptance.

Irene set herself some small achievable goals around such things as completing work assignments, filling out her tax return, tidying her filing cabinet and finishing various overdue household tasks. She started to learn how to take one action at a time and reward herself for each task achieved. This, in turn, increased her feelings of self-esteem.

At the same time, though, Irene gained insights into what was most important to her. She discovered that rather than attempting complicated exercise programs and rigid diets; she enjoyed simple healthy meals and long walks. Walking gave her chance to reflect and plan at the same time. She also realised how much her creativity had been a part of her self-image and so she started to knit and paint as she had when she was younger. Irene describes her experience with her life coach saying: *“her gentle but persuasive challenges, good feedback and lots of encouragement helped me to keep moving forward”*.

(Qualified counsellor / life coach, Val McCrae has recently moved her practice to the Lower Blue Mountains: Phone 0431 213 396 for an appointment and assessment)