

## **Life is not a Dress Rehearsal...**

At times it can seem that life is out of control, and going round in circles. This is when the services of a life coach may be worth considering. Val McCrae, an accredited life coach and counsellor tells the experience of Terri, one of her clients, to demonstrate how life coaching can make a difference.

No longer happy with her job, fitness not at all how she wanted it and her significant relationship going nowhere, Terri felt time flying by and a sense of hopelessness.

After an assessment session, Terri set goals in the areas of career and fitness.

“Intuition made me suggest that we also set a goal to include some fun into her life each day. Interestingly, this proved to be the most challenging goal of all.”

“As we began to set actions to achieve her goals, layers of her past and her inner life began to surface. As these insights about her behaviour and attitudes emerged, Terri started to see clearly the changes that she needed to make. Almost magically, Terri’s energy and enthusiasm were recharged which allowed her to make changes and move forward.”

“Terri has now changed occupations, moved out of the city and begun a new relationship. She has got her ‘spark’ back and understands the old patterns that were holding her back”

“Once someone is really ready to do things differently, it is amazing to observe the domino effect in action. One small change leads to another and gradually, it seems to all come together. All it takes is the desire to make it happen, and a helping hand to put in the effort.

***Val McCrae (MACA) is a counsellor and life coach who has recently moved to the Blue Mountains. For further information phone 0431 213 396***