

A Personal Trainer for your Life

More and more people these days are mastering the challenges of modern life with the help of a life coach. A life coach is a qualified and skilled person who will work alongside you to help set goals and change habits that could be keeping you from realising your potential. You may want to advance your career, business or relationships or just be seeking more balance in your life.

Life Coach and Counsellor, Val McCrae, has had twenty years experience working with people in a variety of situations, and she has recently moved to the Lower Blue Mountains. Val explains that while counselling is a part of coaching, the focus is always on finding solutions and helping clients to move forwards in their lives.

“Coaching looks at where you are now, and helps you to set goals to achieve what you want. This may be career advancement, increasing confidence and self-esteem, improving relationships or balancing work and family life. There are no hidden agendas, just the luxury of having someone on your side to encourage you every step of the way.”

Each client is helped to make an individual assessment of just where they are in their lives and what their real needs are. As well as individual programs, group coaching is available and clients can share the cost while enjoying the advantage of the support and ideas of others.

(For further details, phone Val on mobile: 0431 213 396)