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**Life and Wellbeing coaching, change your mind and your life**

*“What is it that you need to step into and fully live your life?*

*“What do you need to achieve your goals and aspirations day by day, step by step?”*

If you feel that the answer always seems just slightly out of reach or you have the answers but are struggling to put them into practice then my life and wellbeing coaching sessions can help you

* Uncover the answers and resources you already have within you in order to fully embrace life and take it by the horns
* Build better personal and professional relationships
* Develop a stronger self-belief, less self-critical talk, more of the positive
* Make some great life decisions to lead you closer to your life goals
* Achieve a greater understanding of how you relate to the past, present and future
* Most importantly, to develop an amazing sense of what it means to be fully alive, to embrace the moment and make the very most of this life we are given.

Call to action buttons? Book session now – About etc? Email podcast/blog sign up, social media banner?

Embed NCP accreditation logo and Coaching certs.

About Page

A little bit about the Life-coach in the Mind Shed

Embed intro vid from David Gough

*“Our coaching journey together will be an exploration, to look at your goals, dreams and aspirations, to find the roads that will lead you there and to ultimately start to turn them into reality, day by day, step by step”*

Need to know a bit more…

* I spent quite some years not showing up as myself in this world. I know how hard this can be and how truly liberating it can be when we can find the route back to our true and authentic self. To look in the mirror and greet the reflection with a warm smile as if greeting a long-lost friend and to come back to a world that is coherent and whole.
* Wellbeing is at the core of my life and my coaching.
* I love, love, love the seaside, walks on the beach and well anything that involves being by the sea! (I also often wonder why I live in the Midlands just about as far away from the sea as you can get ha-ha!)
* I have a passion for horticulture and all things nature, you will often find me pottering with plants, sat under a tree contemplating or marvelling at how amazing nature is.
* I have a little sidekick, a long-haired Jack Russell called George. He has taught me so much and continues to do so. He thinks “I will do” and believes he has trained me quite well so far.
* I love to delve into our patterns of thinking and behaviour and to see what makes us tick.
* I value authenticity, honesty and kindness and they are the bedrock foundation of my life-coaching work. Being kind doesn’t mean that I won’t challenge you if I need to, but you will know it comes from the heart, with these three core foundation values firmly in place.
* Fully Qualified coach, level 5 Diploma in Life/performance coaching with NLP
* Over 60 hours CPD accredited Mindfulness/Meditation Teacher Training, 12-month train to teach pathway
* Full member of the National Council of Psychotherapists

About you:

Life coaching is an investment that can change your life in so many amazing ways, relationships, a greater sense of wellbeing, happiness, dealing with low level anxiety, career progression and decision making to name a few.

It would be daft of me to think I can help everyone. I want you to get what you need from life coaching sessions, that means it is important that we are singing from the same sheet.

I want us to get to know each other before we set out on the exploration of your life, so that we each know that we can walk together and make those dreams a reality.

My promise is that we will have a 30-minute free, get to know each other chat before we set out to find those roads that are going to lead you to where you want to go. If at the end of that chat it doesn’t feel right or I feel I am not the right person for you then I will tell you and I want you to do the same.

*“Self Care is never a selfish act, it is simply good stewardship of the only gift I have, the gift I was put on this earth to offer others. Anytime we can listen to true self and give it the care it requires, we do it not only for ourselves, but for the many others whose lives we touch”*

*Parker Palmer Quote.*

Services – Packages

Ok the nitty gritty, thanks for making it this far.

I want you to know, one session or six sessions, you get me, the whole me, not some diluted version on package one. Hey, maybe it is only one session you need! That is just fine, but I truly believe that in four to six sessions we can do some amazing exploration of what you need to make those changes in your life and to make great headway into what will be an amazing journey of discovery. I offer 10% discount for block bookings

All the packages come with a free 30 minute get to know each other call/meeting. I make all the sessions bespoke, I will not follow a one path fits all, we are all different and the sessions will be about you.

I can meet face to face in the Midlands area circa 20 miles from Derby or we can connect online through Zoom online meeting system.

**Exploration one**

One 60-minute coaching session via Zoom meeting system or face to face and follow up email support for one month

£75

**Exploration two**

Four 60-minute coaching sessions via zoom meeting system or face to face, sessions every week or two weeks, plans/actions to be emailed after sessions and unlimited email support throughout coaching period

£270

**Exploration Three**

Six 60-minute coaching sessions via zoom meeting system or face to face, sessions every week or two weeks, plans/actions to be emailed after sessions and unlimited email support throughout coaching period.

£405

Embed book/pay now buttons? PayPal/wave/unlimited wellbeing (yet to decide on payment systems)

Contact numbers etc

* Payment in advance of sessions
* 24-hour notice required to cancel session otherwise a 50% fee will be charged

(Embed NCP accreditation logo and Coaching certs)

The Mind Shed Blog and podcast

Blog brought over from old site (podcast maybe in development, this is something I am just considering at the moment)

Contacts

Contact form

Mobile number

Email address etc.