

It's good to talk

Our new resident life coach Caroline Bottrill, will be writing inspirational articles on a range of topics designed to enhance our day-to-day lives.

Before training as a life coach, Caroline had a career in the fast moving corporate world of Sales and Marketing and spent time working in the field of mental health. This has given her a genuine insight into the stresses our modern lifestyles can inflict upon us, and the necessity to establish an optimal work-life balance to keep mentally and physically well, whilst still achieving our goals in life.

Caroline now runs a successful coaching practise, Coaching for Life at The Natural HealthCare Centre, Bridge Street, Burton. For more information or a complimentary consultation contact Caroline direct on 07912 184732.

Take a look at the Coaching for Life website: www.coaching-for-life.co.uk



Caroline Bottrill

"Start to visualise yourself as the new you in your new life, and act as if you have already achieved it"

Top tips for instigating positive change in your life

Many significant changes in life are prompted by endings, which are often blessings in disguise! It is how we mentally deal with this change that matters. Embracing change will bring astounding results to your life.

Self awareness Imagine seeing yourself in a mirror dealing with a challenging situation you are facing. What are you doing or not doing to make you feel this way? What do you need to do to change that which no longer serves you in life? Rule: Take responsibility for your 'actions' and your 'reactions' to the situation you are facing.

Life Lessons Identify and write down what you have positively learned from this experience. What qualities and strengths helped you through this situation and similar ones in the past? These are known as 'transferable skills and learnings'. How can you use these learnings advantageously, to build a more balanced and brighter future starting today?

Visualise the life you want Imagine yourself living the life you truly desire 'your new life'. Make it as real as possible by using all your senses to conjure up these images in your mind. What can you see, feel and hear? What positive self talk are you using?

Set Goals congruent with your values Are you... living according to your values? Following your dreams? Living your passions? If the answer is YES trust your inner voice, believe in yourself and your dreams, and most importantly make it happen! Set clear goals with defined milestones.

Act as if you have already achieved your goals

Start 'acting as if' you already have achieved your goals. The law of attraction will ensure you act as a magnet to positively bring more of 'what you desire' into your life. Trust in the process it works! Many of the world's most successful entrepreneurs use this strategy.

Achievement of success Ask yourself... How will you know you have achieved your goals? How will you celebrate success? Where, when and with whom will you celebrate?

Embrace change! Step out of your comfort zone at least once on a daily basis! Try out new activities to embrace change. For example, take up Salsa dancing, join an organisation to meet like-minded individuals, or even learn a new language.

Inspirational Quotes for February

Remember that F.E.A.R is false evidence appearing real!
(Susan Jeffers)

If we always do what we have always done, we will always get what we always got. The only person who can change is you!
(David Icke)

People with goals succeed!
Why? Because they know where they are going!
(Earl Nightingale)

Remember! A dream is a dream! But a goal is a dream with a date! (anonymous)

Coaching for Life

One life ... Live it!

PSYCHOTHERAPY HYPNOTHERAPY LIFE COACHING

Over the last three years I have been putting on weight. My eating pattern has drastically changed. I used to eat two healthy meals a day and drink lots of water. I used to exercise three times a week and really enjoy it. I now feel that all my motivation and drive to achieve has diminished. To be honest, I feel frumpy and lethargic. I should do something about it but I just need something to give me a push. My friend mentioned to me that she had hypnotherapy for weight loss and she lost two stone. She said it gave her confidence and drive to get going and then it became easier. I also saw the difference it made in her. My question is, do you get many people coming to you about weight loss and will it help me if I have hypnotherapy?

Arora says: your situation is something I deal with very often, so don't feel that you

are the only one. It sounds like you have lost motivation to change, as you say your eating patterns have changed and now you have created a new pattern. However, this new way is not positive. If you are ready to change and want to do something about it, then hypnotherapy can help you to lose weight. It will help with your confidence, self-esteem and your motivation. After you have had hypnotherapy you will find your outlook regarding food will change positively. If you have tried various methods to lose weight and you still find you cannot lose weight then I would suggest that you try hypnotherapy.



Anil Arora

transformational hypnosis

Hypnotherapy Psychotherapy Lifecoaching NLP

We can help with:
Stopping Smoking,
Weight Loss, Depression,
Anxiety, Panic Attacks, Stress,
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Phobia's and many more..

For a Free 15 minute consultation.

Natural Health Care Centre Burton
Tel: 01283 516444

Mobile: 07968 307 209

Email: info@transformational-hypnosis.co.uk

www.akalifecoaching.co.uk
www.transformational-hypnosis.co.uk



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01283 553200

Bretby Business Park
Ashby Road, Bretby,
Burton on Trent, DE15 0YZ
www.bretbybusinesspark.com