



The benefits of
COACHING





Define Your Goals

Coaching gives you the opportunity to define your goals in a realistic way and devise a way to actively work towards them. It is a collaborative process where as your coach I will use a process designed to help you find what motivates you.





One-To-One Feedback

As your Life Coach I will give one-to-one feedback and lots of encouragement to help you increase your productivity. Regular review sessions will further increase engagement by frequently checking-in on your progress.





A Safe Space

Having a coach gives you a safe space to talk through sensitive issues. As a coach I can remain uninvolved but give guidance, allowing you to gain perspective without feeling judged. This allows for a more in-depth learning and better progress.



Goal Setting

04

If there were no obstacles, I would love to...

01

02

03

04

05

06

My Thoughts

06

Describe a challenge you are facing, and how are you growing from it



Contact me for more

I have lots of resources and activities designed to help you identify your values and achieve your goals

WWW.PRINCIPLETHINKING.CO.UK