

Plan Your Perfect Christmas

As the shops begin to display their full range of seasonal gifts, they are putting plans into action that were formulated almost a year ago. For many of us, Christmas can be a last minute rush and an expensive time of consumerism.

Karen Thomas, as a Life Coach and NLP Practitioner, suggests that now is a good time to start planning your own perfect Christmas – not in a materialistic sense but in a sense that it is measured by contentment and satisfaction.

Karen invites you to review where you are now and where you want to be in the future. With Karen working alongside you, you will create a strategy for getting to where you want to be and define actions that will produce the desired results. Coaching is just the catalyst; it is you that makes the decisions and commitment.

Karen suggests that a lot of Christmas stress results from people trusting to luck rather than taking control and ensuring that they actually make everything as they want it to be. Ask yourself “What would you choose to do with your life if you could do absolutely anything with no limitations, no prospect of failure and no accountability to anyone?” It is important that you haven’t answered this question with a long list of what you **don’t** want. Keep the framing the answers into positive statements.

By working with Karen you will discover that once you have a plan for your life and are working towards its fulfilment then other areas in your life improve as well. Partners, friends, colleagues will notice a new sense of purpose, enthusiasm and happiness about you.

You may not be able to wrap all this up in pretty paper but even so it is value beyond measure and your gift to yourself.

For a free coaching consultation contact Karen on 01271 831195 or

www.redoakcoaching.co.uk