

SPRING CLEAN YOUR LIFE

Spring-cleaning has its origins in ancient history. With no labour saving devices and no electricity Spring marked the start of the season when the weather allowed a complete cleaning of the house or dwelling. Our homes can become musty during the winter months and look in need of a lick of paint; similarly our lives can become a bit tattered and full of mental junk that no longer serves us well. All of us carry a load of baggage in the form of worry, guilt, fears and expectations. Having coaching can be seen as spring-cleaning your life.

Coaching is simply a way of looking at where you are now, where you want to be in the future and how you are going to get there. A few people are able to do this for themselves but the vast majority find that having a coach helps to keep them on course to enable them to spring clean their lives.

The only place to start is **HERE** and **NOW**. Coaching helps to focus on the future and then sets the actions that lead to positive results. With coaching I will show you how to let go of the excess baggage and create room in your life for new and exciting challenges. Creating a positive mental attitude can bring about amazing changes thus giving the mind a thorough spring-clean.

In the same way as the onset of Spring is often the cue for a burst of domestic energy so coaching can be a catalyst that allows positive changes to happen.

So if you are feeling in need of a fresh start then take that first step and contact me for a **FREE** initial consultation.