

## Longer Evenings

If you lead an active outdoor life, you will think of the September dusk as coming too early and making your evenings shorter. If you spend much of your time indoors, you will see it as longer evenings. The hours of darkness are the same for everyone. It is only your perception of them that is different.

No two people see the world in exactly the same way. This is due to individual beliefs, values and experiences “We never see things as there are, only as we are”. So the art of achieving success in your life is to ensure that you see every challenge or opportunity in a positive light – and this is a great time of the year to start doing this.

As a coach and NLP Practitioner **Karen Thomas** invites her clients to review where they are now and where they would like to be in the future. Together you will create a strategy for getting to where you want to be and define the actions that will produce the results. Coaching is the catalyst for this process; the commitment and motivation come from you. Some people are predominately “**towards motivators**” they are able to know and visualise what they want and will take steps to achieve the end result. Some of us are “**away motivators**” where situations or feelings have to become very uncomfortable before we’re spurred into action. Whatever your motivation strategy Karen will be able to individualise a strategy for you to enable you to obtain your goals.

“What would you choose to do in your life if you could do absolutely anything with no limitations, no prospect of failure and had all the resources you need?” Often the list may be one of what people don’t want. Too many people just go with the flow and respond to the pressures of what others think they should do. With coaching, this can change from the “victim” mentality to one of feeling in control and

having choice. The more choice you feel you have, the more control you have over your life and consequently the more able you will be to deal with stress.

So take this opportunity to reflect on what you want out of your life and move a step nearer towards it by doing something different. Karen is happy to discuss how coaching can benefit you by contacting her on **01271 831195** or at **[www.redoakcoaching.co.uk](http://www.redoakcoaching.co.uk)**