



Benefits to you include:

- You can achieve your goals
- You verify options for change
- You define your direction in life
- You explore greater fulfilment
- Understand your values
- Develop empowering beliefs
- Set a timeframe for your success

Perceptions Coaching will help you to:

- Build Self Esteem
- Develop Key Strengths
- Overcome Obstacles

Coaching also helps you to develop strategies to:

- Improve Work Life Balance
- Manage Stress
- Manage Change

*If you always do what you've always done,
you'll always get what always got...*

Testimonials:

"I just wanted to thank you for your input into the coaching session it was very useful and very powerful." CC, Suffolk.

"After just one session I felt more positive about my life." LJ, Hampshire

To book your free, confidential, no obligation consultation, contact Perceptions Coaching at the address below.

**Coaching Equation:
Performance = Potential - Interference**

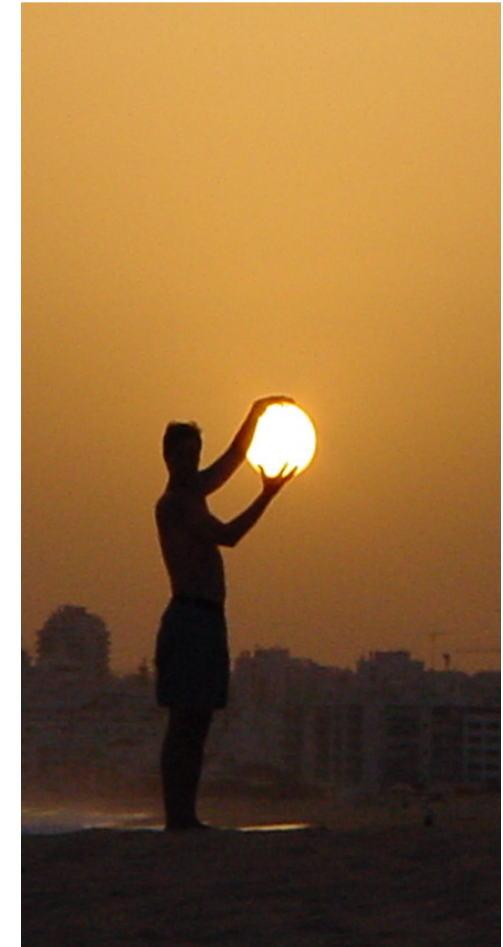
**Call today for your free
confidential discussion.....**



e-mail: sales@perceptionscoaching.co.uk
www.perceptionscoaching.co.uk

**Telephone: 01206 562367
Mobile: 07919 522246**

If you feel coaching is not right for you at this time, please pass this leaflet to someone you know who may benefit from moving forward in their lives.....

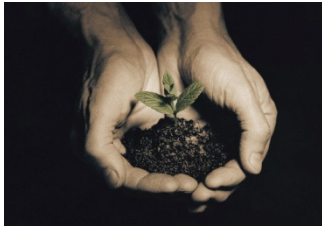


**Are you in search of more
fulfilment& satisfaction?**

**To find out how to achieve
more from life, read on...**

Perceptions Coaching is a specialist coaching practice that was established to help others to achieve their goals in life.

At Perceptions Coaching we believe that you have the skills, resources and strengths within you to solve all the issues in your life. Perceptions Coaching will help you to use these strengths and skills to achieve your goals.



What is the reality of achieving all your goals in your current situation?

Perceptions Coaching can help you to map out your goals and then close the gap between where your goals are and where your life is today.

The key difference that helps the 3-4% of people who achieve their goals in life, is that they take action about them.

Perceptions Coaching will help you to set your objectives, take action and to meet your goals.

The type of goals we can help you with include:

- Work Life Balance
- Interpersonal Skills
- Building Self Esteem
- Improving Relationships
- Developing Strengths

“What options do you have to achieve your goals?”

The coaching experience that you will experience **focuses entirely upon you and is non-judgmental.**

Discussing all aspects of personal development through a journey of exploration, you will discover your inner ability to achieve life goals.

This confidential and impartial service will help you challenge yourself, to really discover how to be more committed to your goals.



Perceptions Coaching will focus entirely on you and help you to **achieve more in life, leading to greater fulfilment and improved self esteem.**

Through coaching you can expect to challenge and review:

- Your Beliefs
- Your Values
- Your Goals & Motivation

“If the only tool you have is a hammer, all your problems look like nails.” Abraham Maslow



Coaching also helps you to gain results with a greater understanding of why goals are important to you and how you can achieve them.

Concentrating on the future and moving forward with each session, you will experience a greater understanding of yourself and your individual strengths.

“When will you achieve your goals?”

Through regular sessions tailored to you, **coaching is focussed on progressing your goals.**

Using your past experience and exploring new thoughts and ideas, we can help you to appreciate your own abilities in a completely independent, confidential and impartial environment.

All this can be achieved in just a few sessions.

Call today to arrange your free consultation.....

**Perceptions Coaching -
focused on your enrichment...**