

Is coaching right for me?

Not sure if coaching is right for you? Here are some questions to reflect on to help you decide:



Am I ready to make a change in my life? What will this change bring to your life?

Am I willing to challenge existing unhelpful thoughts and beliefs? How will it feel to let them go?

Do I have the time and energy for coaching right now?

What do I want to get out of coaching?

How will investing in myself in this way make me feel?

If you ticked all of these, we would invite you to visit lifecoach-directory.org.uk, use our search tool and find a coach you resonate with to start your coaching journey at the click of a button.