

Bringing Counter Culture to Life

Life Coaching

Why Life Coaching

Because my **life is important** to me and to others I need to make the most of it, and the one common feature in all aspects of MY life is ME.

I **struggle** to perform to the best of my ability in my work and private life if I am unhappy with some or all aspects of my life – So like the picture if you feel stuck or are unsure which way to turn there **IS** something you can do – let a **Crosslink Life Coach** help you.



Life Coaching looks at specific individual aspects of life and then together as a whole in order to clarify blockages, direction, effectiveness, and balance which all contribute to my level of happiness with my life

Life Coaching is a fairly short-term activity (usually 4 sessions lasting up to an hour each). It consists of one-to-one developmental discussions which provide real focus on goals and strengths as well as areas for development.

What are some of the outcomes?

Through coaching we have helped clients to

- ✓ **Clarify** personal vision and goals
- ✓ **Overcome** internal and external barriers
- ✓ **Achieve** greater levels of personal success and satisfaction

Crosslink Life Coaches can help you do that as well and enable you to get the most from your life. Many of life's failures are people who did not realize how close they were to God's plan when they gave up.

To find out more please email
us on info@crosslinkministries.net
and quote LC

Or alternatively call
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