

## The Art of Self-Coaching



Everyone has an “inner voice”, whether they like it or not, whether they acknowledge it or not ... whether they listen to it or not. The trick is to make it work for you.

In this workshop, you will be taken through some initial steps to understanding how you can give yourself more focus, more commitment, even more success, when you have found and learned to use your “inner voice” to make the changes you want.

This **half-day workshop** will be delivered by Astrid Davies, an experienced Coach and an Associate Consultant at L&M Plus Consulting Ltd.

The workshop will cover the following key elements:

- ✓ Learning to listen to ourselves – how we filter information coming into our world
- ✓ GROWTH as a coaching model for life
- ✓ Identifying what we really, really want – benefits and measures
- ✓ What is going on for us now – what’s good and what needs to change?
- ✓ Freeing our imaginations – creativity takes courage
- ✓ Identifying the best steps which will take us forward – fast
- ✓ Practice makes permanent – what are the new habits you need to make this work?
- ✓ Considering how this can be used to effect change

At the end of this workshop, you will:

- ✓ Have a good working knowledge and understanding of the GROWTH coaching model
- ✓ Have a handy info-graphic to take away as a reminder
- ✓ Understand how we all select information and how to exert more control over it
- ✓ Have the opportunity to build a mini-action plan
- ✓ Understand when to self-coach and when to seek help with an issue

**Breakthrough Skills Programme™ for Women Discounted Fee - £40+VAT per person.**

Standard Fee: £80+VAT per person for open access workshops.

**Contact us for information about the dates and venues and to book your place:**

Email: [Zoryna.ODonnell@LMPlusConsulting.com](mailto:Zoryna.ODonnell@LMPlusConsulting.com)



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