

Life Coaching



DEAL WITH LIFE'S PAST, PRESENT AND FUTURE CHALLENGES

Life coaching is a practice that helps people identify and achieve personal goals. It aims to support and help the individual set and reach goals using a variety of tools and techniques.

Life coaching can help individuals move forward with an increased positive mental attitude, and enhanced levels of determination to create a better present and a more positive future for themselves, family and those around them.

Life coaching centres around three core issues: positive thinking, changes in attitude and positive actions. Taken together these represent a powerful methodology for moving forward.

Coaching can:

- Positively affect individuals to reach their full potential in life
- Positively affect families
- Develop self belief, self esteem and self confidence
- Improve emotional intelligence including improved self-awareness, self-management, social awareness and relationship management
- Teach coping mechanisms for present and future life challenges
- Eliminate self doubt and install positive beliefs
- Remove fears and instil a stronger sense of self-worth
- Help to improve mental, physical and emotional well-being



Bridge of HOPE

For training queries contact

MARY STANTON
Training Co-ordinator
McSweeney Centre
Henry Place, Belfast BT15 2BB
028 9032 2289
mary.stanton@ashtoncentre.com

For other enquiries contact

IRENE SHERRY
Head of Victims & Mental
Health Services
028 9074 6737
irene@ashtoncentre.com

Bridge of Hope
A department of
Ashton Community Trust

www.thebridgeofhope.org