

Life Coaching



Bridge of
HOPE

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Bridge of Hope

**A programme of
Ashton Community Trust**

www.thebridgeofhope.org



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

Each person can receive four sessions of life coaching.

Community Relations Council



An Oasis of Peace