

### What is coaching?

Life coaching is about living your best life; it is about identifying where you are now, where you would like to go and how you are going to get there. All too often, we get wrapped up in our every day activities and we put our personal goals and dreams on hold until tomorrow, but before you know it, another week, month or even year has gone by and we haven't realised our goals! Did you know...on average people **ONLY** utilise 40-50% of their true potential. Imagine what could be achieved if the rest of the 50% was tapped into?

Life coaching empowers individuals to set their own goals and own agenda and work systematically in making positive changes. Sometimes, people are scared of making changes because they feel challenging the status quo will lead to lots of upheaval. Without making the desired changes, it is very difficult for a client to lead the life that s/he wishes. At Aim High Ltd, we believe that once an individual is provided with a comfortable and safe environment to discuss his/her goals and ambitions, s/he can then begin to see the benefits of taking responsibility and ownership. Subsequently, this can act as a catalyst in taking the initiative needed to make the desired changes.

### How does coaching work?

Coaching takes place through conversation - be it face to face or over the telephone. These conversations are very different from daily social conversations because coaching conversations are dynamic, focused and designed to move you forward with your aim or goal. Coaching raises your awareness and encourages you to take ownership and responsibility for your own personal development. At Aim High Ltd, our coaching style is non judgemental and non directional and all coaching sessions are **strictly confidential**. Confidentiality is paramount to the coaching service provided by Aim High Ltd as this enables you to be completely open and honest which are imperative if coaching is to truly work.

It is important to appreciate that coaching is not a quick fix or a “band aid” remedy and no good coach will ever make such a claim. As with many things, change does take time and as a result and we advise potential clients to commit to a minimum of 3 months of coaching is essential if the desired effects are to materialise. However, reaping the

reward is only possible if the effort and energy needed during the coaching journey!

Just take a look at some of the benefits by working with an Aim High Ltd coach. We are confident these benefits will inspire you to get in touch with us to book your **FREE** exploratory session today:

- Greater empowerment
- Increase in self esteem and confidence
- Feeling a greater sense of achievement
- Greater direction in the way you wish to lead your life
- Exploring your ideas in confidence and without judgement
- Creating action plans that are best suited to **YOU**
- Working on a one-to-one basis with a qualified Aim High Ltd coach at a very competitive price

Why wait till tomorrow to lead your best life? Why not take the first and best step right **NOW** and start sowing the seeds to a great and fulfilled life. Get in touch with us right away to speak with one of our team. You can call us on +44 (0) 207 241 3646 or email us at [contact@aimhighltd.com](mailto:contact@aimhighltd.com)