

Life coach can help you reach your ambitions

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WHAT do you think when you hear the words life coach?

Do you think of discussing your problems with a counsellor? Do you think it is a con? Do you think it is something just for rich folk?

These were my thoughts as I went along for my first session with life coach Charlotta Hughes, so I was not too sure what to expect.

We met at her office, which is a light, airy space designed to put you at ease, and talked about what life coaching entails.

No, they are not counsellors, although things can crop up for which clients may wish to seek more advice.

No, it is not a con, as it does leave you feeling absolutely positive you can achieve your wishes.

But yes, it is not cheap, so you have to decide whether you are worth spending a bit

of money on.

A life coach listens to what you want out of life, and then draws up a plan for you to follow to help you achieve your goal.

Total honesty is very important, as you would only be kidding yourself should you try to hide anything.

And for a lot of people, being honest about what they want to achieve has a cathartic effect right from the start.

It helps that your life coach is detached from your friend and family circle, as they can be more objective and help you set realistic targets.

I felt very comfortable talking to Charlotta, even though I was voicing an ambition I rarely discuss.

We set a date in the future for this ambition to be realised, which felt strange, but good, like yes – this is an actual possibility.

The hour-long session ended on a highly positive note, and I felt great about

my future.

People can use life coaches for a variety of reasons, not just for achieving their dreams, but also for overcoming shyness, losing weight, starting their own business, parenting and time management skills.

I truly believe it can be beneficial, depending on how much you are prepared to take it on board, and especially if you are lacking support or need more guidance with what you want to achieve.

A coach can certainly set your thoughts along the correct path to achieve success, but only you can change your life.

MORE DETAILS

Amanda Carter spoke to Charlotta Hughes from Be Me life coaching and she can be contacted on 07720 839 773 or through her website www.bemelife-coaching.com