

Do I need Counselling – or Coaching....?

Another year, living with the same old you? You want to change your situation, but don't know how, or where to start? You feel stuck, but not sure which direction to take, whether to try Counselling or something like Life Coaching?

But what if **Counselling** just feels like talking and not 'doing' much. Look again. By talking through your situation, it can reveal your dreams as well as any unhelpful beliefs that block your progress. By talking about what is not working for you, you are uncovering a significant, vital and dynamic 'push and pull' of safety versus change, in your life. The conversation could explore an unhappy current situation, but one that is known to you (therefore safe, albeit unhappy). The dialogue may then yoyo the other way – exploring the unknown, and anxiety-provoking, future possibilities. It is only by this safe 'pushing' into the unknown future can a client paint the picture of how they wish their future to look, and feel confident enough to take steps to build a new future for themselves. By knowing your unique 'blocks' to your goals, you can then explore what actions you could take to remove or negotiate them, enabling you to move forward. A counselling environment will offer a safe, neutral, non-judgemental space for this to happen.

However, if you feel counselling may not offer you a dynamic enough approach, then **Life Coaching** may be the way forward. First though, ask yourself this question. Is your current goal to feel happier simply 'being', or happier in 'doing'. Are you aiming for a Happier life – or a more Successful life. Sometimes the two are separate goals. There is no right or wrong answer to this, simply what you would like to achieve at this moment in your life. A coach may help you re-assess what you are capable of – provide tools to help you negotiate difficult relationships and build better rapport. Additionally, a Life Coach may guide you through visualisations, mind mapping, powering up your motivations, planning and setting goals, then once actions are in place, you meet and check-in to see how things are progressing.

Whichever approach you ultimately decide to take, research your Counsellor or Coach, and their approach. The modern day qualified, professional Counsellor or Coach, often have a wide range of skills, such as relaxation techniques, Visualisation

tools, CBT Techniques, NLP (Neuro Linguistic Programming) skills, or EFT (Emotional Freedom Technique). Don't be afraid to call them or email, and ask questions. Lastly, remember, YOU are your most valuable asset. You will be 'You' for the rest of your life – that's Year 2015, 2016 and beyond.... You CAN create and have the life you most desire. Now is the time to power up **your** Self Belief? Good luck. You are well worth the investment.