

# Monthly Coaching Programme

Coaching for Personal and Professional Development  
with Dianne Lowther

## **Aim**

To align your personal values and beliefs in support of your goals and to move through any lingering issues from the past to create a life that you want to live.

## **Objectives**

- Clarify your goals for the short, medium and long term
- Review your achievements and skills
- Remove barriers to future success
- Adopt new strategies to increase efficiency and enjoyment at work

## **Process**

### Step 1

We start with the 'emotional spring clean'. This means using NLP techniques to resolve lingering emotional issues that can create anxiety, stress, excessive caution or doubt. On completion of this stage, you will feel more relaxed, more focused and more able to fully experience the high points of your life.

### Step 2

Next, we will focus on your professional life and work through a comprehensive process to align your beliefs and values with your goals, remove inner conflicts and doubts and enable you to achieve results more easily. Any sense of struggling to get things done will disappear, as will indecision and inaction.

The process includes:

1. Identifying goals
2. Establishing success criteria
3. Discovering your values and beliefs in this area
4. Removing limiting beliefs
5. Resolving conflicts between values

We will then repeat the process for your personal life.

On completion of this stage you will notice more energy for the 'right' activities, clarity of purpose and improved concentration.

### Step 3

We will review your life as a whole and align the goals, values and beliefs to create a harmonious balance between your priorities. We will identify your own ideal balance and the ways you can maintain it.

On completion of this stage you will experience more confidence, clear focus and appropriate results and reward.

### Step 4

We continue to meet monthly to maintain your focus and motivation and to develop strategies for new challenges as they arise.

## **Why choose coaching?**

My job as a coach is to provide a process to help you move forward in your thinking. Sometimes this means mostly listening and asking questions to help you clarify your own thoughts. Sometimes it means providing a framework to ensure that a new idea is considered from all useful angles, such as when goal-setting. Sometimes it means taking a systematic approach to overcoming a mental block. Sometimes, if you are stressed or dealing with the results of major changes, it can mean guiding you through a process to release negative emotions and restore your mind to a resourceful state.

The more of this kind coaching you participate in, the more your mind is re-trained to use the processes unconsciously to resolve issues before you are consciously aware of them. The key is always in the unconscious habits and the aim is to replace habits that lead to stress and failure with habitual processes that lead to success and satisfaction.

You do not have to remember to do anything different, there is no fighting against natural inclinations, often clients forget that they ever had a mental block in the first place!

## **Investment**

The monthly fee of £1000 + VAT includes:

- One face-to-face sessions of 2-3 hours to work through the step-by-step process
- One 30-minute telephone coaching to review results and progress and to highlight any areas of concern that have arisen.
- Up to two ad hoc 15-minute telephone sessions for when you have a particular need for some coaching.
- Personal assignments to develop your skills
- Email support and accountability

Sessions will be scheduled into a monthly routine. There is a minimum contract of 6 months.

## **How to get started**

Contact my assistant, Sharon Smith on 01480 861569 to book an appointment to discuss how this programme meets your needs. I look forward to talking with you!

Dianne Lowther