

CONSULTATION

Face to face—either at a mutually agreed location or at my business address (private consultation room)

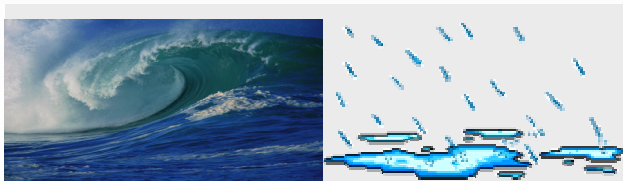
Telephone—this facility is available in a variety of circumstances, please ring on FREE PHONE: 0800 458 2012 to discuss either option

FEES: Please enquire—usually booked in blocks of four or six

How many sessions are required?

This depends on each individual,.

Everybody brings different experiences and each experience is unique. Sometimes positive and permanent changes can be achieved in a short time



LIFE IS AN OCEAN—NOT A PUDDLE

MY PROFILE

Based in the West Country I have extensive experience working with individual clients as well as running training courses and workshops for groups on, motivation, Self-confidence /Self-esteem / Self-awareness, managing change, and many other areas that relate to Individual and Professional Development.

Professionally trained in Life Coaching, Master Practitioner of Neuro Linguistic Programming and Counselling, I believe in working in a relationship of equality, trust, respect and congruence, that empowers you to work positively towards achieving personal goals

TERESA M OWENS

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ENHANCED
TRAINING COMPANY

PERFORMANCE
COACHING

Theresa M Owens

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WHAT IS COACHING?

A positive and effective process that enables you to overcome limiting beliefs and attitudes that hold you back; improve motivation and confidence that empower you to achieve your goals and reach desired outcomes.

Coaching is about the present, looking at your current situation and making effective changes to move you towards the future you want

'Unlocking a persons potential to maximise their own performance. It is helping them to learn, rather than teaching them'

(Timothy Gallway)



**VISION A BETTER
FUTURE**

**CREATE HARMONY AND
BALANCE IN YOUR
LIFE**



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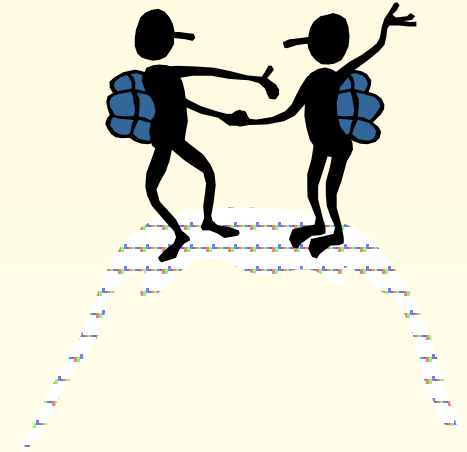
- Do you feel stuck
- Do you need help to clarify your goals
- Do you need to pay more attention to your individual needs
- Do you want to be more confident and assertive
- Would you like to make positive changes in your life
- Would you like to re-assess where you are in your life
- Are you thinking about changing jobs / careers
- Do you think there is something missing



If you answered yes to one or more of the above, you could benefit from individual coaching

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**Don't Limit your challenges—
Challenge your limits**



As your Coach I will—

- Assist in identifying, goals and outcomes
- Provide regular support and encouragement to sustain positive motivation
- Challenge you, listen to you and help you keep your focus
- Provide motivational feedback
- Help you to achieve your true Potential
- Develop your self-confidence
- Provide an environment of trust and respect

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