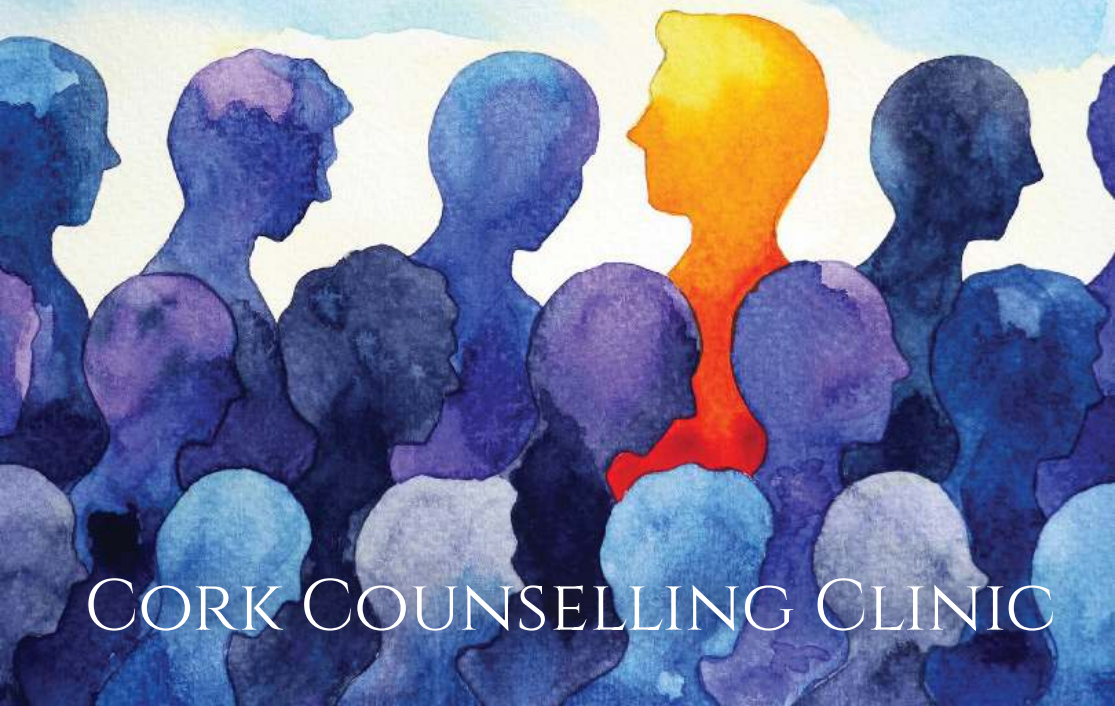


# LIFE COACHING

Understanding who you are and the goals you want to achieve.



CORK COUNSELLING CLINIC

# COACHING

Coaching is a forward-facing solution-focused therapy. It spends little time in the past and its focus is not in delving into past issues or experiences except to inform the present. That way the client can move forward relatively quickly.

A good metaphor for coaching is like driving a car. For the vast majority of the time, you are driving forward and looking forward. There are the occasional times you reverse your car to change direction but essentially for the most time you are driving forward.

An example of where coaching can come into its own is where a person is going through a separation. A lot is going on for the person at this juncture in life and in essence, the person is concerned with moving on with life and not rehashing or digging up past wounds at this particular time.

Coaching uses the same three-stage approach as counselling in our sessions and the client is supported in a compassionate and empathetic way along the journey.

Coaching has also proven effective in other areas of life such as;

\*Separation support during, or after.

\*Social Anxiety moving forward.

\*Support with stabilised depression.

\*General Life Coaching

\*Where you are coming to therapy with specific goals.

\*Relationship breakup & Moving on.

\*Relationship support.

\*Ageing.

**\*Support for the carer.**

**\* Workplace issues.**

The client is encouraged to bring as many or as little issues as they wish to the therapeutic process. Coaching takes each of these as goals. The client decides the goal or goals they wish to achieve with the coach and the focus stays on these goals to get results.

Coaching is a very good fit for a person who has a broad idea of what it is they wish to wish to achieve, and the collaboration between the client and the coach develops a plan to reach such goals.

If you are going through a specific life situation, know what it is and where you wish to address it effectively with support and understanding then we suggest that you consider coaching.

We view the client as a whole person and not that of a person with a problem. Though problems will be solved and goals attained, the client will always be viewed as having the answers in themselves, and the solution to any difficulty they face. The coach accompanies the client on the journey of achieving their dreams and goals. A powerful alliance is formed between client and coach for forward movement and attaining a solution-focused result is specific difficulties, such as those detailed above.

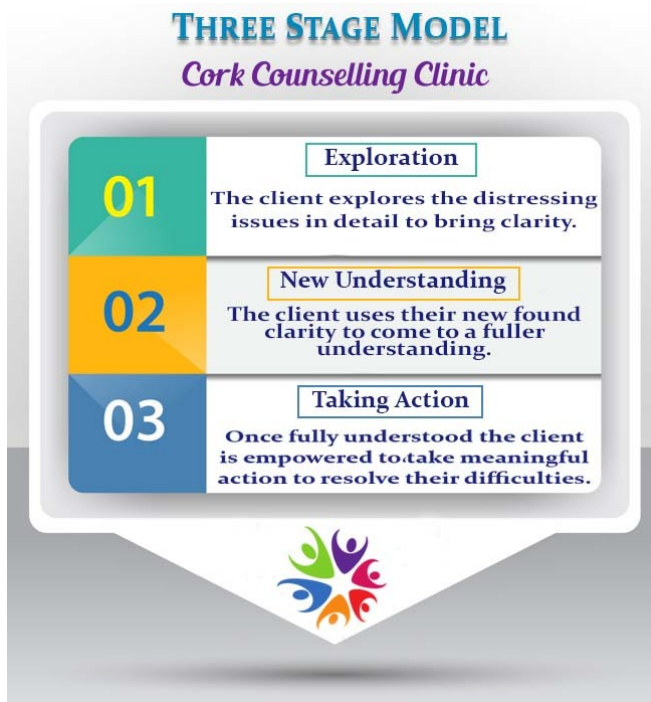
FULFILMENT, HAPPINESS AND  
MEANINGFUL LIFE, FULL OF POSSIBILITIES  
AND POTENTIAL AWAIT ALL THOSE WHO  
COME TO UNDERSTAND THEMSELVES.

— *Mark Fieldman*

We wish you well on your journey of discovery and attainment of your goals and dreams.

## Three Stage Model of Change

All therapeutic approaches of Counselling, Coaching or Psychotherapy at the Cork Counselling Clinic uses the Three stage empowerment model approach. That is Exploration leading to New Understanding and empowering the client to integrate change by taking meaningful action in moving on in a forward facing way with their life.



You can book a free 15 minute telephone consultation on our website. A therapist will call you back and go through the options available for coaching, counselling or psychotherapy regarding an issue that may be concerning you. See link below.

[corkcounsellingclinic.com](http://corkcounsellingclinic.com)

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