

## Life & Business Coaching

If you want a more **balanced, fulfilled** and **contented life** then Coaching is for you.

*Everyone has a profound need to be listened to with genuine understanding and patience.*

### What does Coaching do?

It empowers, supports and inspires people through all areas of change in their lives.

It provides you with tools to initiate change in your life and thinking.

It helps you to make the changes you want in the way that is best for you

Provides the right environment for you to feel you can make changes happen

### Coaching is not about the following:

It is not counselling. We focus on the present to make way for the future!

It is not about 'fixing' you. You are not broken.

Through this alliance you will uncover beliefs and behaviours which limit your thinking and your choices. You can find clarity in future decision making and in the direction you choose to take your life. The client and coach alliance allows you to find the answers within yourself at a pace that suits you and in a safe, confidential and supportive environment.

*Your coach is there to be someone that will champion you on your new journey!*

## Life Coaches

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**Hilary Lawler** is a professional Coach working in the Meath East Coast area. She has an **Accredited Diploma in Life and Business Coaching** from the Centre for Professional and Personal Development (CPPD) and has been coaching clients that range from all ages. The areas that her clients have been coached on have varied from wanting to **change career & move countries** to starting their **own business**, having **life reviews**, **finding direction & purpose in their life**, **gaining confidence, self esteem & improving relationships** with themselves and others.

Hilary has experience of working with people from all walks of life in a variety of roles spanning over 10years. These range from working in retail and office areas to lecturing in a design college and working in a charity organisation. It is through this diversity that her understanding of how people communicate has evolved and that her interest in facilitating change has grown into coaching.

*"All clients have **wanted to change** something in their lives that wasn't working for them. "*

The **coaching** process addresses whatever area you wish to work on in a friendly and confidential environment. Through this designed alliance we examine the present and make steps towards the new changes for your future so that you, the client, can create your life the way you want it to be.

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**Martina O'Riordan** is a professional Coach who provides a friendly, relaxed, confidential and caring coaching environment. She received her **Accredited Diploma in Life & Business Coaching** from the Centre for Professional & Personal Development (CPPD).

*"When we change our thinking we change our lives"*

Through her coaching greater understanding will be achieved, skills will be learned and values and beliefs explored. She will support you as you set goals and put in place the steps needed to achieve them. She is an experienced coach with a special interest in all areas of **personal development, relationships, parenting, self esteem, confidence building, decision making and life balance**.

She will guide you through finding new direction, making better choices and discovering what you really want. Your time spent with Martina will be relaxed, interesting and fun. Time out of life just for you!

*"It is through our challenges that we grow"*

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