

CAN YOU CHANGE YOUR LIFE IN 4 WEEKS?

MODERN STRESSES CAN MAKE YOUR LIFE CAREER DANGEROUSLY OFF COURSE. LIFE COACHING CAN PUT YOU BACK ON THE ROAD TO SUCCESS. IN JUST ONE MONTH.

ANNE MARIE RODRIGUEZ, 33,
PR consultant

HER PROBLEM: 'My life was making me ill'
LIFE COACH: Therese Hoyle

I was working 12-hour days. I never saw my friends or family, my bills weren't getting paid because I didn't have the time to deal with them, and my health was starting to suffer. I was constantly getting tension headaches, and had the beginnings of an ulcer, and was often doubled up in pain. In short, I was miserable.

'Coaching with Therese reaffirmed what I'd already worked out for myself – something had to change. It was great to be able to talk to someone objective once a week and she helped me identify what I needed to do for a happier and more fulfilled life.

'In our first session, the question which had the most impact was: what gives you energy? Therese asked me to notice what was fun, and what I enjoyed at work. I realised that I loved the creative side of coming up with ideas but was drained by dealing with clients. I went to see my boss and he said he

would help me create a new role in the department which would make me happier.

'The second week, I worked on finding time in my day to deal with personal stuff. Many people in my office smoke but I don't. Therese suggested that instead of a cigarette break, I took 15-minute breaks every two hours to just do the everyday stuff that needed to get done that was really stressing me out. It was just a small step but it really made me feel less overwhelmed.

'In the third and fourth week, we worked on some very thought-provoking exercises on fulfilling my personal needs – the needs, Therese said, which drive us. For example, one of my major needs turned out to be for security, whereas other people might have a need for approval or control. We all have needs and we'll do anything to get them satisfied, explained Therese.

'In the third week of coaching, I had to move house. I felt completely out of control. Therese and I worked out it was my need for security that wasn't being met, and asked me to find other ways to satisfy myself so that I wouldn't feel so unbalanced.

'Once I knew what my needs were, I could start asking for people to meet them. Before, I didn't know how to do this. The whole exercise has brought my boyfriend and I a lot closer. I now tell him what I need rather than feeling unhappy and not knowing why.

'Coaching is a process of self-discovery. It's like somebody giving you a map so you can work out where you're going. But only you can make the journey. For coaching to work, I think you have to be ready to make the changes yourself.'

THE COACH SAYS: 'You can change your life in a month by simply plugging up the energy drains in your life. I get all of my clients to write a list of 40 things that are presently draining their energy – anything from drinking too much coffee, to commuting to work and sorting out their bills – and ask them to sort out 10 a week. At the same time, ask yourself, what does give you energy? What do you really love to do? Then start doing more of this stuff in the time you've freed up by getting rid of all the things that drained you.'