

Changingways Coaching

Description:

In plain English... Life Skills and personal coaching offers wonderful new ways of looking at your life and encourage you to be your authentic self. I took the Saskatchewan New Start Life Skills Coach Certificate training course in British Columbia, through Malaspina College. If I am able to share with you a part of what I learned then we all will be the better for it. Listening more clearly and actually hearing what others are saying, was the source of a lot of useful information, helping me to make decisions that in turn, start taking me where I wanted to go. I am offering a six week program via e-mail with the goal of helping participants from a wide variety of backgrounds to define and attain their personal goals and to cope more effectively with problems and challenges at their own pace. The triangle is central to the Changeways Philosophy as is the knowledge that behavior and thoughts are easier to change then emotions. The goals of the program grow out of this understanding of t

Country: Canada

City: Courtenay

Zip: V9J 1V9

Website: <http://www.changingwayscoaching.com>