

How coaching turned my life around in 30 days

Why the sudden rise in popularity of self-help books? Are people really having that much success through the self-help practitioner's ideas on how to live a better life?

For some people the advent of these books has been a godsend. For other people these books have propelled them along a line of successive failure.

Take the example of Amy*, whose living room bookcases are packed with the "Self-Help" genre. Unfortunately Amy's story is a sad one, but highlights the problems encountered by a great deal of people trying to cure themselves of many self-defeating habits.

How the journey began ...

The first time Amy popped her head into a self-help book she was overwhelmed at the possibilities the book suggested. If the cover wasn't exciting enough, the index read like a roadmap to life renewal. Every phrase spelt out clearly that success could be hers for the taking, as long as she didn't miss a beat and stuck rigidly to the program!

That Saturday as Amy devoured her new-found treasure, her hopes began to build as she turned each page.

Finally, she thought to herself, this book contains the answers she had been longing to have for so long!

Plus the transformation in Amy's attitude was amazing. That Sunday over lunch, her boyfriend Peter* commented that she seemed much happier.

"Amy, what's got you so excited? I haven't seen you like this for ages," said Peter.

"You wouldn't believe what happened. In the bookstore yesterday I found this book, and having read it overnight, it has given me so many

answers. Peter, maybe you need a book like this?" said Amy.

"Sound's great, when you've finished give me a read. I am sure it's brilliant. The cover looks great", said Peter.

Peter wasn't convinced. He had experienced Amy's enthusiasm before. He wanted more proof than a book cover would provide.

For the next three weeks, Amy tried as hard as she could to live up to the program suggested. But finally she had to give up. No matter how hard she tried, she just could not follow the program step-by-step.

Several weeks later, while wandering through the city, she decided to pay another visit to her favourite bookstore.

Once inside, even though she thought it was a waste of time, Amy started to browse through the "Self-help" section, hoping to find a book that would replace the one she had.

Then she found it. Quite different to the one she had first bought. This book covered a more spiritual approach. It required, like the first, a certain routine to be carried out. But seemed more promising than the first book she bought.

Plus this book covered one of Amy's goals – to get in touch with her spiritual side!

So what did Amy get out of her second "Self-help" book?

Well 80 books later, Amy was still searching for that 'special book' when she came across a flyer offering one-on-one coaching. It offered the first session FREE of charge.

At first she put aside the thought of 'personal coaching', but then she remembered what Peter, her now ex-

boyfriend had said and decided that she had nothing to lose.

What happened at that first session? Was personal coaching a waste of time as well?

When Amy arrived at Julie's office she sensed within minutes that maybe 'Personal Coaching' was the way to go forward.

For Amy, being listened to was something she had not experienced in years. People like Peter and her family tended to discount what Amy had to say.

That afternoon Amy started to experience a sense of self-respect for the first time. Julie, Amy's soon to be personal coach, spent most of the first session just listening. Amy left that afternoon knowing that what she had felt had meaning and was not to be treated lightly.

That first session was for Amy a major breakthrough. Julie had given Amy the right to be herself.

But that was only the start of a journey that would see Amy grow as Julie and Amy walked down the pathway she had longed to travel for years.

The sessions with Julie gave Amy a plan and a qualified partner in Julie to see the plan through.

As Amy put it, "Finally things are working in my life. I never thought my hassled could turned

To find out how Personal Coaching can help you in the short and the long term telephone: 61-2-9984-9091 or 61-2-0414 822 941.

We can then organise a personal session with Julie Ashton so that you can take the first step to a more positive future!

* the names have been changed for privacy reasons