

If you find that you want to move forward in some areas of your life – coaching can help you.
Contact Joyce on 01250870170 or 07789164822 or e-mail joyce@start-here-coaching.co.uk

Use the Life Compass to gauge how contented you are in different areas of your life. Shade along each arrow to reflect how happy you are in this area – shade right to the tip if you are completely satisfied. You can develop each area in more detail according to what it means for you. This should help you to clarify the areas where coaching could help you to make changes.

