

Grasp your future with both hands!

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LIFE COACH

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ICF Member Coach

MAKING CHANGES THROUGH LIFE COACHING

Why Coaching?

Life Coaching is an ever-growing industry. It's not a fad and it's not therapy. It's a simple **co-creative** approach to help you achieve your life goals. **Just ask my clients** who are getting what they want and loving life because they **do** what they **say they will do** and **DARE TO GO FOR IT!**

Can the same be said of you? How many times have you put off doing what you wanted because you didn't get the support and encouragement you were hoping for?

August sessions start on August 6th—Reserve your place **NOW!**

How To Start Making Life Changes

Making changes is, quite frankly, **scary!** Human beings – as a whole – do not like change, even when they initiate their own transformation.

Change usually comes about when you get fed up, mad or desperate. Of course you can make a change without being any of these things, but it takes a certain type of person to willingly turn their life inside-out (and upside-down!).

The other major reason people don't initiate change is that there are individuals out there who will pooh-pooh and criticize the whole idea. If this naysayer is a peer or family member they respect, this will usually be enough for most to people stop even considering a change.

We've been brought up in a world of 'you can't do that'. *Let me tell you a secret:* Each time you **believe** that or **say** it to yourself, you are bringing exactly **that** to your front door.

Ask yourself something: "Do these people who are telling me that I cannot do something have EVERYTHING they have wished for in life? Do they have the car they want? Do they live in the house or neighborhood they have always wished for? Do they send their kids to Ivy League schools?" And here's the kicker "Are they even *qualified* to give me this kind of advice?" If the answer is 'no' to **any** or all of these questions, why are you listening to them at all?

Remind yourself that your typical naysayer often says 'no' to another's success because it reflects his/her own lack of accomplishment.

Here are some questions to ask yourself while pondering your goals and aspirations. Firstly, take everyone else out of the equation—just for a moment. Answer **honestly** and you'll get a better idea of whether this is a truly workable goal for you.

- * What is my goal?
- * What will my life look like once I have it?
- * What will it take for me to achieve it (ie: the number of steps or time involved)
- * Am I committed to this?
- * When am I going to get started?

Working with a coach will help you clarify your goals and agenda — for you, for your family, for life. Your coach can help you see the 'whole life' picture and eradicate any tunnel vision you may be experiencing so that you get a **clearer** view of the **future** and more **achievable goals**.

For those interested in learning more about life coaching, take a look at my website (www.vikkienoble.com); take a look at the [ICF website](#); or better yet, email me to take advantage of a **complimentary** 30-minute session.

At present I'm afforded the luxury of unlimited phone calls in the US and also to the UK, so **don't worry about long distance charges**—I'll call you. If you are outside one of these countries I'd advise you to get Skype (www.skype.com) so we can talk for free over the internet.

PS: If you refer me to family and friends and they become a client of mine, you may be eligible for a **referral bonus**.

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In a nutshell!

I assist people by helping them

- **determine**
their direction,
- **take action**
towards the future and
- **complete life goals**

Session Dates:

Coaching sessions typically begin on the first **FULL** week of the month.

August sessions begin on the week of August 6th.

September sessions begin on the week of September 3rd (Monday clients in the US will be rescheduled due to Labor Day).

Grief Recovery Program

Do you know someone who is stuck or suffering through long-term grief?

Ask about my **Grief Recovery Program** - coming in September.

Reserve your space now as this will be a limited part of my practice with fewer spaces available.

More details will follow.

Next month we'll focus on the actual process of goal setting. Until then... live your BEST life!

If you wish to be unsubscribed from my monthly newsletter I will sadly, but expeditiously, respect your wishes. [Click here](#) to unsubscribe.