

# Positive Thinking Coaching

Karen Smith is a Clinical Hypnotherapist, Inspirational Speaker and Positive Thinking Coach. Karen is dedicated to empowering her clients in realising their potential, making conscious choices and gaining clarity and balance.

Coaching can help a person to be more focussed therefore helping a person to be able to move forward in their life. Coaching can be extremely helpful to those wishing to make changes to their life and particularly helpful at time of stress.

## WHAT IS POSITIVE THINKING COACHING?

We all need a coach, someone who will believe in our abilities and who can help us to set clear goals and help us to achieve our dreams.

Having helped you to identify your goals, Karen will coach you to prioritise them and encourage you to believe that they really are achievable.

Through conditioning, learned behaviour we all limit ourselves in our own potential. It's time to take control of your life and achieve your dream. Karen will help you to break the negative beliefs and help you to challenge your fears and anxieties and help to self challenging aspirations.

## WHAT CAN I EXPECT FROM A SESSION?

Karen can help you to be more open and help you create a better life for yourself.

- Helping to create a better balance in life
- Creating more 'ME' time
- Looking at other paths in life and being open to change
- Building confidence
- Reducing stress
- Building up your own energy
- Overcoming fears
- Learning how to say 'NO' or 'YES' and feel good
- Learn effective decision making in business and personal life
- Taking control of your life
- Making your dream a reality

## HOW DOES POSITIVE THINKING COACHING WORK?

It can and does evolve differently over time with each person. You will decide on what you want to achieve. A series of sessions will be agreed.

- Through listening, questioning, giving objective feedback and making requests a coach helps you focus on setting and achieving goals which excite you
- You decide what you wish to do between each coaching session to move towards achieving your goals
- Appointments are made and you phone or visit at a pre-scheduled time
- Prior to each session you'll take a few minutes to fill out an agenda to identify challenges, opportunities, and the focus for that session
- Karen generally schedules two to four formal sessions per month with her clients
- Above and beyond our formal sessions, clients are welcome to call or email on [info@karenwsmith.com](mailto:info@karenwsmith.com) at any other time

Karen will give you encouragement, support, motivation and help you to achieve your goals, look at life in a more open way, guide you in between sessions. Karen will help you to step out your comfort zone and to feel safe.

## WHAT DOES KAREN EXPECT FROM HER CLIENTS?

Karen would love to wave a magic wand and make everything good but YOU are the one who has to achieve YOUR goals, you are the one who has to WANT to change. No one can do it for you. Karen will listen and ask powerful questions and help encourage and challenge you to remove obstacles from your path. Karen can help point you in the right direction. Karen uses her unique talents to help you feel safe, secure and is a very compassionate person who can help you to achieve your dreams. It's hard work but very rewarding.

Please contact Karen on 0141 620 3890 or why not email on [karenwsmith@googlemail.com](mailto:karenwsmith@googlemail.com) to discuss how Karen can help you.