



## The Taking Steps Newsletter March 2008

- **New Course Starts Monday 14<sup>th</sup> April**
- **Feeling stuck? Questions to ask yourself**
- **Stress Management Training taster : A quick and easy technique**
- **Personal Coaching**
- **Complementary Therapies at TAC**
- **NLP Practitioner Training**

### [New Course Starts Monday 14<sup>th</sup> April](#)

#### **Making Choices, Making Changes**

**Monday evenings**, from 14<sup>th</sup> April to 9<sup>th</sup> June (excl 5<sup>th</sup> May and 26<sup>th</sup> May)  
7.00 pm to 9.00 pm. Seven sessions in total.

Do you want

- a more positive outlook on life?
- insight into what holds you back?
- the motivation to set and achieve your own challenging goals?

If you are interested in Life Coaching and NLP, and how these can help you to make positive, lasting changes to your life.....this popular seven week course is for you! The topics we will cover include: Values and Goals, Challenging our limiting beliefs, Procrastination, Communication Skills, Setting Goals, Stress Management, Time Management. NLP tools and techniques will be incorporated into sessions.

I would love to see you there. The course will be held in the lounge at the Traditional Acupuncture Centre. This is a very relaxed environment indeed and there are refreshments available from the TAC kitchen next door. The group size is kept small and this ensures that you really benefit from each session and from the related discussions. Where possible I can adapt the course to make sure that we include topics that are of particular interest to you – in fact that is how the very first course began. It has been evolving ever since, but still based firmly

on a Life Coaching approach: we look at (and answer!) the questions: Where are you? Where do you want to be? How are you going to get there?

Full details are on the attached flyer (please feel free to pass them on to anyone you know who would be interested.) or visit the Taking Steps website <http://www.takingsteps.co.uk>

## Questions to ask yourself

If you are feeling stuck with a particular problem or have a goal that seems unattainable, it will help if you ask yourself the kind of questions that are often used in Coaching. Writing down your answers to them will help you to gain more insight into your particular 'sticking points', and a clearer idea of how to move forwards.

- What exactly do I want?  
(Describe your outcome in positive language only and be specific)
- How will I know when I get it?  
(What evidence will you have?)
- What benefits will achieving this goal bring?
- What's stopping me from getting it now?
- If I do nothing, what will my life be like in five years' time?
- What would I do about this goal, if I knew I couldn't fail?
- What's good about staying where I am ?  
(To achieve a goal often means losing something important to us. Are you ready to leave the comfort zone?)
- What resources have I got that could help me with this goal?  
(Time, experience, skills, qualities, other people etc ?)
- How different would this problem appear if I stepped back and looked at it from a different angle?
- What can I do about it?  
(Create at least three alternative ways forward)
- What is the first thing I'm going to do?
- When am I going to start?

## Stress Management Training

I would be delighted to offer stress management training to your organisation or company. Workshops and longer training programmes can be created to suit your requirements. If you would like to find out more about how this training can benefit you and your colleagues, please contact me and we can discuss it in more detail. (Details are also on the website)

Meanwhile..... for a quick and easy stress buster try this:

Drop your shoulders (if you're under stress they're probably hunched!) and focus on breathing out slowly. Now breathe in and out ten times, using your diaphragm. Under stress we tend to take shallow breaths using the upper chest, but deeper breathing will enable you to relax physically. Mentally count each out-breath from 1 to 10 and then start again. After 30 seconds you will feel more relaxed.

Physical relaxation is one of the four pillars of Stress Management that I cover in my workshops and training programmes. The other three are Mental relaxation, Communication skills and Time Management.

## Personal Coaching

Remember you can book a free fifteen minute consultation at the Traditional Acupuncture Centre to find out more, or take advantage of a free 'taster' coaching session (by phone) for 45 minutes.

## Complementary Therapies at TAC (Traditional Acupuncture Centre)

Thank you to those who attended the TAC Open Day in January and helped us to raise £300 for Myton Hospice. If you missed the Open Day, you can visit the TAC website to see the wide range of therapies available. There are always special offers, so it is well worth a look, and you can sign up to the newsletter too.

<http://www.trad-ac.co.uk>

## NLP Course

If you would like to train as a Practitioner in NLP you can go to [www.localnlp.com](http://www.localnlp.com) to find out about a new NLP Practitioner course, starting in April on Tuesday evenings, in Leamington Spa, run by Peter Freeth. There will be a 12 evening Foundation, followed by a 4 day Certification. You don't have to book the whole thing at once if you prefer to take it a step at a time.

*Have a very Happy Easter*

*With very best wishes*

Ruth

**Taking Steps**

<http://www.takingsteps.co.uk>

m.07887 848624

Small changes make a BIG difference!

*We have no wish to send unwelcome email. If you would prefer not to receive these newsletters, please reply to this email replacing the subject line with the word 'UNSUBSCRIBE'*

---