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## Personal Coaching With Stella's Mum



# The power of personal coaching

Personal coach, trainer and author **ELISABETTA FRANZOSO** explains how personal coaching can support you to achieve your goals.

“Life is difficult” is the first sentence of M Scott Peck’s, *The Road Less Travelled* – and this phrase has clearly struck a chord with many. It’s a reality – whether we are young or old, rich or poor, we all face difficulties at some point in our lives.

**Personal Coaching** While it’s easy to give in to life’s adversities and feel nothing can be done, no one should suffer from “the grass is always greener” syndrome. Virtually every area of our lives can be improved with objective guidance from a personal coach, who can assist us in getting where we want and need to be.

**Reality Check** If you are trying to achieve goals, are compulsively repeating destructive behavioral patterns, or are having trouble balancing your personal and professional lives, help is at hand.

**Insight** Personal coaches define the end of a year or the beginning of a new year as “resolution time”. Such moments present ideal occasions to reflect on what we have, or have not, accomplished in the previous year. Reflection then allows us to evaluate the choices we’ve made, question any decisions and take responsibility to choose what we *really* want for the year ahead.

**Result** Personal coaches motivate us to sort out how best to start making changes and ascertain what’s personally relevant right now. From the first meeting, your coach will challenge you with a series of questions, to support you in learning more about yourself, your vision and your dreams.

**Moving Forward** Using an objective opinion, a personal coach can help you develop an actionable plan for personal issues – ranging from family life, communication, parenting and health – to your career and wealth. By objectively guiding you to search inside, they will encourage you to take responsibility and act, while helping you develop focus and discipline.

Personal coaching can not only assist you in maximising your true potential. It will help smooth the way through life’s transitions, while allowing you to remain grounded and true to yourself, to live a rich and deeply fulfilling life. When life seems difficult, take action! Seek the help of a personal coach, choose wisely – and commit yourself to a journey of transformation! **E**

### SIGN UP NOW!

Join one of Elisabetta’s public workshops, **WellBeing in 4Dimensions** and **Communication in 4Dimensions** at Singapore Institute of Management. For information on the 2009 schedule, email [info@insideoutyou.com](mailto:info@insideoutyou.com) or call 6465 4605.

Elisabetta Franzoso BA, Dipl.Psych, MSocSc

Elisabetta Franzoso empowers individuals to achieve excellence and transform from the inside out through personal coaching services. The founder of *InsideOutYou* – a corporate training company – she is also the author of *Stella’s Mum Gets Her Groove Back* (\$28.80, at bookstores and [www.amazon.com](http://www.amazon.com)) – an inspirational real-life testimony of how love, faith and hope can triumph over denial, guilt and shame.



### Stella’s Mum Personal Coaching Services

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