



Huddersfield life coach and consultant YVONNE CASTLE continues her series helping you to make those changes for the better in your life

■ LIFE COACH: Yvonne Castle gives advice Photograph by www.janetjonesphotography.co.uk

Thanks for your views and it's never too late to start!

TODAY I want to pick up on some of your feedback to this series of articles.

I've had some wonderful comments about how people wished that coaching would have been around for them earlier as their life may well have been different now.

My response is: "It's never too late to start!"

Some of you have asked me: "Do you coach yourself?" The answer is: "Yes, absolutely."

We are all human. There are always things that we need to get better at or that are nowhere near perfect that we want to change.

A number of you have been reflecting that a lot of what coaching is about is improving confidence; you are absolutely right.

With coaching support, where the coachee is making life changes and reaping the benefits from it, comes increased confidence.

This confidence builds and builds. I must stress that this is confidence, not arrogance. There's a huge difference between the two. However, there are two other vital aspects to the formula of getting successful results from coaching; these are DESIRE and ACTION.

If you do not massively desire your life – or one aspect of your life – to be different, then there will be no change. Also, you may have huge desires to change your life, but if you don't step into action, your life will remain the same.

So, some summary messages about the successes from coaching is increased confidence, but only following the desire to change and the commitment to action to make that change.

Reflection

■ I WAS reading a book and a quote struck a chord; see what you think.

"How many people on their deathbeds wished they'd spent more time at the office or watching TV? The answer is no-one. They think about their loved ones and their families." Stephen Covey, *The 7 Habits of Highly Effective People*.

How many of you right now, no

matter what age, no matter what job you do or don't do, are saying: "Wow, that could be me". Well I'm joining you; I'm one of them. Lots of people have said to me: "I can't believe that time is flying by so quickly"

This sentiment captures a purpose for coaching. That purpose is about making a change now, while you can and while you've got time to enjoy the benefits. There's the old saying "life's too short..." and I totally agree. Let's go back to the feedback earlier, where my response is: "It's never too late to start!"

Influences

■ A LECTURER at Huddersfield University (a big thank you to David Broadhead) started out his very first session by asking us if we had a Life Plan. The answer from many of us – including me – was "no". From then on I developed one.

It wasn't until I started my coaching studies that I found out this fact: "In 1953 at Yale University only 3% of students set goals. Twenty years later, financially those students were worth more than the other 97% put together. They also had better relationships and enjoyed better health." Yale University study. Apparently now it is estimated that only 3% of the population has an organised goal or life plan.

That makes me think that bringing coaching skills and life planning into our lives at an early stage in our learning process may help us find it easier to find that job or that area of study that will provide greater alignment with our future potential job satisfaction levels.

Persistence

■ THE author of the same book writes about a culture of believing that we are victims of circumstance and then begin to lose hope and drive and settle into stagnation. This links with what coaching is about; taking responsibility for what you want from your life and then taking action. You WILL reach your goals if you plan and take action. Let me know what you think about the comments in this article.. Can you relate to them?

Next week: Yvonne on coaching for retirement and health