

Life Coaching with Holmes Place

Build a New Perspective in Life



Living a healthy balanced life is a goal most of us aspire to. We understand the benefits of adopting healthy lifestyle choices. However, knowing what's right and actually doing it are two different things. It is not easy to make positive lifestyle changes and it's even harder to make them stick.

www.mentalfitness.ch



- Identify ways to change your life for the better
- Stick to a commitment you've made to improve your lifestyle
- Deal with an addiction or recurrent problem

Effective Life Coaching could help you:

- Clarify your motivation for changing your life in positive ways
- Work out a realistic strategy and timeline for change
- Recognise how to sustain long-term, lasting benefits

We believe that positive change comes about when people feel in control and happy about their choices. We work with clients to help them identify what's really behind their desire for change and help them see the way forward as a positive process.



Personal Life Coaching sessions are available in English and French (evening and weekend sessions also available). Contact our professional Life Coaches, David Lawson or Isabel Thompson at Tel: 022 310 5237 or by email at info@mentalfitness.ch

www.mentalfitness.ch

