

Your Co-Active Coach

A coach for your life

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our Darkness, that most frightens us."
Marianne Williamson

Imagine living your life where overcoming your challenges just happens, where you have someone standing for what you are fully capable of and who calls you forth when you are not being powerfully you.

Our lives are short, and many people do not realise what could be theirs in their lives. They never find out because they never dare step beyond what they already do.

If you were a professional athlete, like the world's fastest man Usain Bolt, you would have a great coach who makes sure you are constantly stretched to your very best.

Do you want to be your very best, living your life? Having a Co-Active Life Coach is about being you, performing your fullest and getting the most out of your life.

What is Co-Active Coaching?

The Co-Active Coaching Model is based on sound principles and core skills. It is recognised and accredited by the International Coaching Federation (ICF). It is also the coaching style most highly recognised and in demand by corporate organisations.

The power of Co-Active Coaching lies in the relationship between the coach and the client. The relationship is uniquely designed to maximise the effectiveness for the client.

Co-Active Coaching calls you into

- Perform at your best, always
- Achieving with joy
- Overcoming your challenges in every area
- Sustaining your focus on what you really want
- Acknowledging and coping with emotions through change
- Raising and sharpening your self-awareness
- Facilitate your progress in self-discovery
- Align all your actions with your life agenda
- Tune up your self-management and self-motivation
- Fulfil on your promise to yourself, and to the people in the world around you

What is Co-Active Coaching like?

Co-Active Life Coaching provides a time for you to reflect on what you are being and doing in all areas of your life. Your Co-Active Coach is your facilitator and co-creator through the process. A skilful Co-Active Coach will listen and be curious about who you are in your life. Your Co-Active Coach will notice how and what you are communicating. They will respond with powerful and appropriate questions to deepen your learning and forward you into action. Your Co-Active Coach recognises and acknowledges that you are naturally creative, resourceful and whole. This coaching process will help you to connect with, and fulfil, your own life agenda.

Co-Active relationships deepen and become more profound with time. A commitment to continuing coaching sessions for at least six months will provide you with the best outcomes.

Meet your Co-Active Coach: Christopher Howell



Christopher Howell is a Certified Professional Co-Active Coach (CPCC) and has worked as a professional coach since 2003. He has over 28 years experience of consulting and coaching through change. He has worked in central and local government, finance, manufacturing, information technology, insurance, retail, education, pharmaceuticals and 'Top 100' corporations. He has a BSc in Psychology and an MSc in Organisation Development with NLP. Christopher is an experienced NLP Master Practitioner and Trainer, associated with PPD Learning Ltd. He is also a certified Organisation and Relationship Systems Coach (ORSCC).

Christopher is passionate about coaching people through creating the extraordinary, inspiring lives they love to live

How does the coaching happen?

We start with the 15 minute sample telephone coaching session. This gives us both a chance to see how the coaching relationship might work.

The coaching relationship is created in the 'Discovery Session'. The Discovery Session is normally face to face and would last up to 2 hours. This allows the client sufficient time to explore what they need and for us to design the coaching relationship. During the Discovery Session, various self-discovery exercises allow the client to deepen self-awareness:

- What is the client's big agenda in life?
- What is the future the client is working towards?
- Which areas in life the client wishes to change the outcome?

A typical ongoing Co-Active Coaching relationship would involve three telephone coaching calls of 45 minutes, each month. The calls are arranged on a monthly basis and made by the client at the agreed time.

How much does it cost?

A Co-Active Life Coach, who is professionally trained and certified, can make a big difference in your coaching. This is someone who has made a big commitment to coaching at the highest standards. In my experience, if you want to make changes in your life, your success will match the commitment you make to yourself.

Try the first 15 minute sample telephone coaching session for free, without obligation, and receive a quote for your coaching.

Special rates are available for self-financing clients.

How to get started:-

Contact your Professional Coach, Christopher Howell, to book your first session.

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