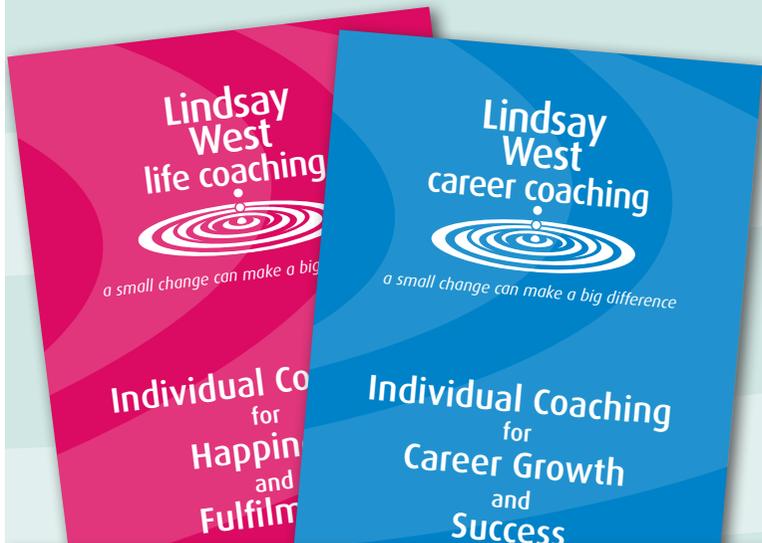


About Lindsay



I am a qualified coach, with over ten years experience in personal development. I have run my own business successfully for five years offering coaching, training and mentoring services. My style of coaching is non-directive and non-judgmental. I am passionate about helping people to feel a sense of fulfilment in all aspects of their lives and I have had great success coaching clients to achieve their personal, career and life goals.

- Accredited coach using a wide range of coaching skills
- Master NLP practitioner using NLP change techniques
- Emotional Freedom and Mind Power techniques



also available:

life coaching and **career coaching**

Contact Lindsay on
020 8373 1127 or 07795 975980
www.lwcs.co.uk
lindsaywest@lwcs.co.uk

Coaching programmes

FREE Telephone Consultation

A free 30-minute telephone conversation to discuss how coaching could help you. *Guide price: free*

Telephone Coaching Session

A 40-minute telephone-based coaching session tailored to your needs. *Guide price: £50*

Face-to-face Coaching Session

A 60-minute face-to-face coaching session tailored to your needs. *Guide price: £75*

Starter Package (includes 10% discount)

3 coaching sessions: *Guide prices: telephone-based £135; face-to-face £199*

Full Package (includes 15% discount)

6 coaching sessions: *Guide prices: telephone-based £255; face-to-face £380*

Contact Lindsay today to book your **free, no obligation** initial consultation:

020 8373 1127 or **07795 975980**

www.lwcs.co.uk

lindsaywest@lwcs.co.uk

Lindsay West
wellness coaching



a small change can make a big difference

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Individual Coaching
for
Personal Wellbeing
and
Health

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What is coaching?

- Coaching offers you a supportive and motivating environment to explore what you want in life and how you can fulfil your needs and achieve your aspirations;
- Your coach facilitates the identification of motivating values and behaviour patterns to support you in making real, lasting change;
- By listening to your thoughts and experiences, your coach allows you the time and space you need to grow and develop;
- The key role of your coach is to support you in maintaining the motivation and commitment needed to achieve your goals and make the transition from where you are now to where you want to be;
- The coaching relationship is confidential, non-directive and non-judgmental.

What customers say

"I have never felt so free talking to anybody... Lindsay's calming, soothing style is very effective and it is clear that she is a confident, knowledgeable and skilled coach"
James B, Portaferry

"Coaching is for everyone ... its sole purpose is to help you improve on whatever aspect of life you want to change" Nicola R, Kensington

"Lindsay helps me to focus on what really matters; the values and convictions that inform my decision-making" Mark K, Winchmore Hill

Coaching can transform your life

Ask yourself:

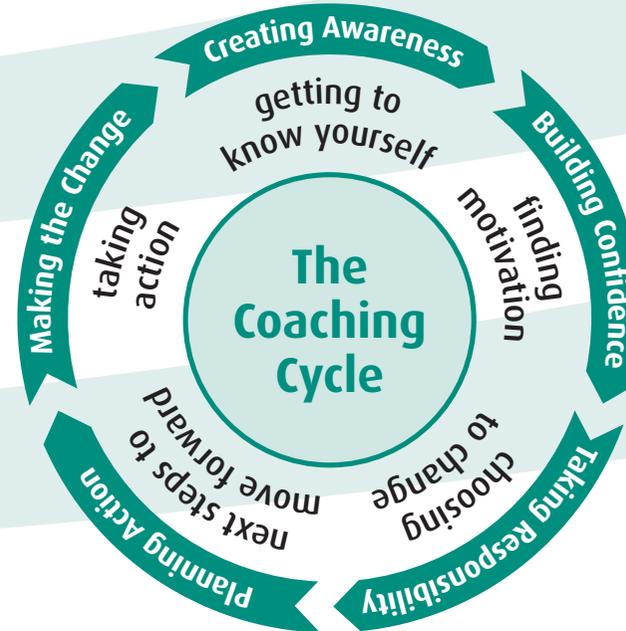
What do you really want in life?

Who do you want to be?

What do you want to do?

How are you going to get there?

Coaching takes you through a process of reflection, realisation and action, supporting you to make key decisions and turn your dreams into reality.



Wellness Coaching

Wellness Coaching focuses on all aspects of your life including health, home-life, career and relationships. It takes an holistic approach, working with the mind to help the body.

Here are some of the things Lindsay's clients have achieved with Wellness Coaching:

- Finding out what really makes you happy and getting a direction for your life
- Reducing stress levels and managing stress more effectively
- Building confidence and motivation
- Feeling more in balance
- Setting and attaining personal wellness goals
- Managing challenges and making decisions
- Living a healthier, more fulfilling life

It can be used alongside other complementary therapies to improve overall wellbeing e.g. nutritional therapy, aromatherapy massage, acupuncture, reiki and reflexology.

Lindsay West
wellness coaching



a small change can make a big difference

career coaching • life coaching • wellness coaching