

life coaching

WITH CARL MASSY

We all want to improve or change some aspect of their lives. Whether it is improving our health and fitness, our self image, our bank account, the quality of our relationships, or even our default level of happiness. There is always some area of our lives that we can improve. In the end, we all want more pleasure and less pain.



And now on to Golf...Although you can improve your game of golf by spending more and more time on the golf course, there is nothing like the boost to your results, when you take some private lessons with a professional Golf Coach. They are on the outside looking in, are not attached to your past way of doing things (your habits), and have the relevant experience to correct your 'technique'.

A Life Coach is also on the outside looking in, is not caught up in your emotional past, and has the relevant skills and experience to improve how you play the game of life. You might be able to work it out for yourself, but if you really want to skip a couple of levels, and the accompanying pains, then I strongly suggest you ask for some help.

SO WHY WOULD YOU NEED TO SEE A LIFE COACH?

- To help you get really clear on what YOU want to do, be and have
- To provide an external perspective
- To help you deal with past or present traumas; such as divorce, depression, anxiety, abuse, abandonment, relationship issues, or other significant emotional events
- To help you overcome disproportionate fears and phobias
- To help you understand what might be driving your behaviour, and provide solutions to changing your behaviour
- To help you create an exceptional Plan on how to get what you want
- To get a professional opinion on issues and help to overcome them
- To help get you started
- To encourage and inspire you
- To keep you on course

WHY CARL MASSY?

- He used to plan multifaceted security operations for the Olympic Games, so is an exceptional planner; specialising in problem solving and contingency planning for complex scenario's
- He was managing and leading people from 20 years of age (20 years ago)
- As a Life Coach he deals directly with many clients personal issues and challenges, so has a broad knowledge on what drives human behaviour (plus he has attended numerous courses, seminars and programs to better understand latest developments in human achievement)
- He has a broad network that he draws on to assist his clients achieve their dreams
- He can be a leader, a friend, a tyrant, a saint, a contractor, a consultant, and your better conscience
- He is a qualified Personal Trainer
- He can find the positive in ANY situation
- He is very passionate about making people happy (so doesn't give up)
- He is personally optimistic and happy

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