

# Life Coaching

**"Lost your confidence?"**

**"Know where you want be but  
don't know how to get there?"**

**"Too much work and no play?"  
"Too much play and no work?"**



**"Doesn't matter what you have  
done or not done in the past...  
Its about what you are going  
to do from here on..."**

## **WHAT IS LIFE COACHING?**

- Understanding about what you do and don't like in your life and what you can do about it.
- Empower you to set realistic goals and turn your thoughts into actions.
  - Supports you to make small, practical steps to achieve your goals
  - Helps you to identify and overcome blocks.
  - We won't judge you - we will support you.
- Life Coaching is NOT counselling.

## **HOW DOES IT WORK?**

- We explore options and possibilities through discussion, brainstorming & creative exercises.
- It's a one to one session offered in blocks of 6 weekly sessions.
- Usually 6-12 sessions is all you will need to enable you to build up the confidence and skills to continue on your own.
- Life Coaching is a free service provided by "Off the Record"

## **IT'S CONFIDENTIAL!**

- It is completely confidential except in particular circumstances. We will tell you more about this when we meet.

## **WHO CAN COME FOR LIFE COACHING?**

- Anyone aged between 14 and 25 who lives, works or studies in the borough of Croydon.

## WHY SEE A LIFE COACH?

*All sorts of people choose to see a life coach for lots of different reasons:*

- When you feel stuck or have 'gone off track'.
- When you have buried your 'head in the sand' because you don't how to change your situation.
- When you want to make changes in any specific areas of your life *e.g. relationships, family, school, work/career etc.*
- When you want to change how you feel about yourself eg your self-esteem and confidence, Identity etc.
- When you need focus and support to make changes happen.

## HOW DO I MAKE AN APPOINTMENT?

- You can call the office on **020 8251 0251** to book an appointment and to have an informal chat anytime between 09.30am and 17.30pm Monday to Friday.

## WHERE DO I GO?

- Our address is 72 Queens Road, Croydon, CR0 2PR.
- We're just round the corner from the Mayday Hospital, off London Road.
- Our nearest station is Thornton Heath, though we're also not that far from East and West Croydon stations. The number 450 bus goes right past our door.

**YOU can set  
realistic goals  
and make them  
happen!**

Call

**020 8251 0251**



**"Off the Record" Youth Counselling Croydon**

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