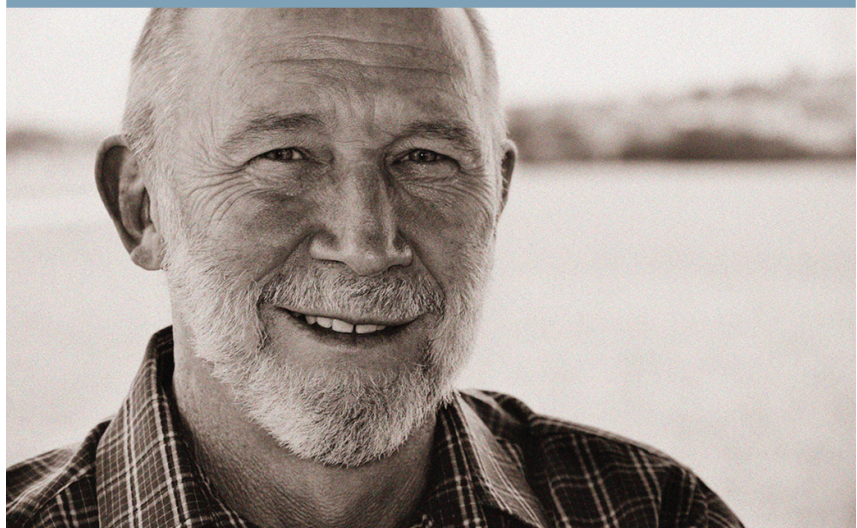


Trevor Bailey

Telephone 07 3847 3181
Mobile 0403 572 699
Email trevor@trevorbailey.net.au
Web trevorbailey.net.au



Introduction

Life Coaching enables people to live their lives to their full potential.

My coaching sessions are usually of an hour's duration, and my objective in every session is for the client to achieve a breakthrough.

Together, we pay attention to where their life is right now, where they want it to go, and then we develop strategies to get there in as short a time as possible.

How can my coaching help you?

- Support you to first identify, and then achieve your most passionate goals.
- Inspire you to push through challenges or limitations in order to achieve your Ideal Life.
- Hold you accountable to actions and decisions that will improve your life.
- Help you streamline your life so you can take bolder, more effective, and decisive action steps.
- We'll brainstorm together to create more defined outcomes, greater clarity, direction and purpose.
- Achieve better management of your time and energy.
- Provoke and challenge you to recognize your special innate talents and gifts, that you can direct to living a better way.

Coaching draws on a range of methodologies, strategies and tools, founded on totally professional, private and confidential interaction, one on one.

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Case study

"I felt extremely complete by the end of the session, and was very thankful to have Trev's wisdom and coaching to support me." **Haley**



Haley's situation

Haley had invested much time and energy into her new business, and was about to meet her first client. As a young woman, she was apprehensive about her ability to be accepted by people who could be much older than herself, and who may perhaps perceive her to be too young and inexperienced to offer them real solutions.

Some of the areas we covered in the coaching sessions

Haley knew rationally, that she had acquired real expertise in her chosen field; she "knows her stuff". Yet deep inside she couldn't understand why she was doubting herself, why her internal "self talk" was pulling her down, sabotaging her confidence. I supported her to discover and understand that underneath her outward, rational self-belief was some very powerful and negative childhood conditioning that was not supporting her.

Outcome (in Haley's words)

"I felt incredibly empowered during and after our session, as I was able to look deep into the conditioning I have received from my family, and the impact this had on me growing up and now. I felt extremely complete by the end of the session, and was very thankful to have Trev's wisdom and coaching to support me."

Trevor Bailey – my background

I have been involved in personal growth work for over twelve years. I am married, with grown up children, and have wide ranging experience in work and personal matters.