*As heard on*

*the Scott and Lisa*

*Breakfast Show*

*Centuryfm radio*

### SPECIAL REPORT

**By**

**Clare Coffield**

****

### Clarity in Your Life

### For

**Professional people who would rather be somewhere else or doing something different!**

**Introduction:**

**What matters most to you right now?**

**Might you need some Clarity in Your Life?**

**What we focus on we get more of – whether it’s positive or negative………….**

**Do some of these scenarios strike a chord with you?**

**You’ve worked hard to get to where you are today.**

From the outside it probably looks as though you have everything anyone could possibly want in life: earning a decent salary, looking in control.

On the outside all seems fine.

However, on the inside you’re not really convinced that what you’re spending your time on right now is really what you want to be doing.

So, why are you not doing something about it? Well, change can be very scary, that’s why! Putting off taking action won’t make the situation any better – and I guarantee it won’t sort itself out.

Ask yourself - what are the consequences of doing nothing about it?

What’s causing you to think that you can’t change your life for the better?

### What’s really holding you back?

**Oscar Wilde said: “Be yourself – everyone else is already taken”**

Unfortunately, so many people compare themselves to others and usually feel that they come off rather badly.

We are our own worst critic, judge, jury, and executioner!

Do you recognise any of this negative self-talk?

“I’ll be the oldest / youngest / fattest / thinnest person there……”

“I’m too old / too young / too fat / too thin…..”

“I’m just a Mum….I’m only a ……….”

“I’ll need to wait until the kids are older……….”

“I can’t apply for that job – there’s too much responsibility…….”

“I don’t have the right qualifications / the intelligence / the energy….”

“I can’t afford to……….”

Once we get our head around this, and get rid of the self- limiting beliefs, and those horrible gremlins that play a constant video in our heads, we have a much better chance of having a healthy view of ourselves.

Then things start to change and at some point **we can take the risk to be happy**.

### What’s keeping you awake at night?

* I’m stuck in First Line /Middle Management
* I know I need a change of career
* I have an idea for my own business
* I look the part but inside I’m not that confident
* I’m so stressed and tired all the time and I can’t get everything (or anything!) done
* I can’t face giving that presentation
* I’d rather be doing something different but I just don’t know what
* I’d like to go back to work but don’t know where to start

**Do you wear one – or more - of these hats?**

#### I’M STUCK IN FIRST LINE / MIDDLE MANAGEMENT

You’ve reached a good level in first line or middle management. Friends say it’s a good job and you should be grateful that you’ve got to where you are. This of course skims over the fact that you’ve worked extremely hard for it! You would really like to go further up the tree but something’s holding you back. Like many women you feel you’re not good enough for a job at a higher level.

Stop right there! You can do it if you really want it badly enough.

* **I KNOW I NEED A CHANGE OF CAREER**

#### You’re in a dull, dull, job that leaves you cold. You’re not stretched in any way and you’re wasting your talents. Your motivation is at an all time low. Possibly, there’s a conflict between your values and those within the organisation you work for. If you can’t influence or change the culture - are you really in the right place? Just think - someone else could have your job (they’re welcome to it!)

You could be leaping out of bed in the morning because you can’t wait to get to your new job.

#### I HAVE AN IDEA FOR MY OWN BUSINESS

#### You have a great idea for your own business but are scared to give up the regular salary and the financial security that you’ve become used to. There’s a mortgage to pay after all. This feels very risky so it can go on the back burner for now.

On the other hand you could be your own boss, make your own decisions and know that you’re doing something you enjoy every day.

* **I LOOK THE PART BUT I’M NOT THAT CONFIDENT**

You look the part and know how to present yourself for the job. So, visually, there’s nothing to give you away. I bet the people who work with you think you are very self-assured. They wouldn’t believe for a moment that you have any worries at

all about self-confidence. Don’t be too hard on yourself – not everyone is fully confident in every situation.

Building self-confidence takes time and some work. This is as good a time as any to make a start.

#### I AM SO STRESSED AND TIRED ALL THE TIME AND I CAN’T GET EVERYTHING (OR ANYTHING!) DONE

You’re trying to do a million things at once. There’s so much to do and so little time. You have too many responsibilities at work and at home, and it’s really hard trying to juggle it all at the same time. The thing about time is that it whizzes by relentlessly - and we don’t get any of it back – ever! Time is precious – we shouldn’t waste it.

At times you’re feeling some of these: generally unwell, out of sorts, headaches, upset stomach, aches and pains.

This is not good for you, and in the long run you’ll be worn out. What do you think your employer will do if you leave because of this? Easy answer – Next Please! – Is there any doubt you’ll be replaced?

It would be so much better for your health and well being to find ways of getting this under control. Who can help or support you so that stress levels are reduced?

#### I JUST CAN’T FACE GIVING THAT PRESENTATION

What is it about having to face an audience that freaks you out? You may feel that the people in the audience know more about the subject than you do or they won’t be interested in what you have to say. Perhaps you’re delivering someone else’s script or you’ve had some negative feedback about a previous presentation. No wonder you’re dreading it!

Imagine that you are extremely well prepared on a subject that you know inside out and are really enthusiastic about. Now you’re concentrating on the people listening because you want them to get as much out of your talk as possible. The focus has changed completely. You’re looking forward to giving your next presentation!

#### I’D LIKE TO BE DOING SOMETHING ELSE BUT I JUST DON’T KNOW WHAT

You’re going around in circles and getting nowhere fast. You need direction but it’s all a bit of a muddle.

Instead, start focusing on what you’re good at, what you enjoy, what gets your energy up. The ideas will start to come. With some work you’ll find your answer if you genuinely want to change.

##### I’D LIKE TO GO BACK TO WORK BUT DON’T KNOW WHERE TO START

You’re bored at home and have too much time on your hands. You have plenty of energy and you’re thinking about returning to work, but hasn’t everything changed? How will you fit in?

You may need to take some training courses to get you up to speed on the technical side. Going on a confidence-building course will help you to face the challenge.

**How do I know all this?**

No, I’m not psychic - I was that woman!

I’ve been stressed, fed up and bored, with no purpose in my life, lacking in confidence, unwell….and all the rest!! I came to a point when I’d just had enough. I thought:

**“What on earth am I doing this for?”**

At the time – about 9 years ago - I was travelling all over the UK and was totally exhausted. I desperately needed to change my career path but my self-confidence had taken a real battering.

At a railway station I “randomly” bought a book called “The 10 minute Life Coach - Fast working strategies for a brand new you.” By Fiona Harrold. I couldn’t put it down.

Within 24 hours I had signed up with one of her coaches and we worked together for about 4 months until I was firing on all cylinders again and had regained my self-belief. I changed jobs soon after and then started training to become a coach myself, which was completely life changing

I have gone from feeling lost and disillusioned to being unafraid of change and excited about my life.

I went on to setting up and running my own UK Business Coaching and Management Training Company in 2007, and even although the recession hit, I did really well. BIG risk, but what a great result! Next massive step in 2011 was the decision to up sticks and move to Australia to be near to my son and his beautiful little family, set up home, find work here: basically start all over again!

I now love what I do every day! I’ve never been happier. I’m completely passionate about supporting other people to find the direction that is right for them and fulfil their true potential - and most of all - to be happy in their life.

Sometimes what we need is a completely new compass.

I studied Life Coaching in the UK and in 2012 joined the training course at Inspired Spirit Coaching Academy with the enigmatic Sandy Forster. I had known a little bit about The Law of Attraction, but this course opened up a whole new perspective on how to live life to the full.

I have a vast experience over the last 25 years in management roles in the Public, Private and Voluntary Sectors, so I understand the strains and stresses – and successes - that go with responsible jobs.

I’ve worked with many men and women throughout my working life and I’ve been in senior management positions. I know only too well that we can find ourselves in a job that is financially rewarding but still fills us with insecurities about our abilities. This is down to how we truly see ourselves.

Coaching, along with following The Laws of Attraction, is about recognising there are areas of our life we would like to change or improve, but you feel stuck and don’t know where to start. This is where you could have some Clarity in Your Life!

I have devised a programme to motivate you, encourage you and support you in line with your aspirations. I will show you how to break down those barriers once and for all and move ahead with energy and courage.

**Mahatma Gandhi said:**

“Happiness is when what you think, what you say,

and what you do, are in harmony.”

Peace, balance, happiness

Now, isn’t that something to work towards!

This is what

Clarity in Your Life

Is all about!

**What some of my coaching clients say about our work together:**

“I loved Clare's positive energy, enthusiasm and support through my coaching sessions. Clare was easy to get a rapport with and I felt really comfortable with her. Thanks so much.”

S HL

“I just wanted to thank you for the inspiring session we had last week when you did the guided visualization. I felt so good and I saw myself so relaxed and in peace. Everything I visualized happened in my life a few days after the session. I feel happy, empowered, inspired and ready to accomplish a ton of things. Thank you Clare.”  
C D

“I have had several coaching sessions with Clare to assist me in relation to my work as a Retail Manager.  With her help I was able to identify but correct and grow key development issues with my staff. The coaching she has provided on an individual basis has given valuable insight and helped to recognize where I can improve myself and my staff. The skills and concepts I learned will be invaluable for the rest of my career.”

K B

“I absolutely love my coaching sessions with Clare.  I have not worked with a coach before so didn't know what to expect.   I have been inspired to make change and appreciate coming away from each session with simple, easy steps - which I have designed - to make things happen for me.

Having three young children I thought my life situation would be to mundane for coaching however Clare is able to walk me through what I can do to take control of where I want to be.  She is very motivational, a great listener and is really helping me to make changes which are ongoing.”O B

“Extremely helpful sessions. It has been great to have the time to discuss my issues and work on actions. I have found Clare to be a skilled listener, intuitive and wise. I trust her professionalism and have felt very comfortable. This has been a very good experience and I leave feeling inspired to change some previous thinking and behaviours. I am excited to get on with it."

GM

“I'm so glad I got the opportunity to meet Clare through a friend.  I have had a considerable amount of life challenges in the last 14 months.  These have placed an enormous amount of stress in my life, taking its toll on my health and wellbeing.    Since working with Clare she has helped enormously to work through a whole maze of issues and get some clarity and direction back into my life.

NT

“Clare is very generous in her support for my business development. Her warmth, kindness and genuine interest shine through her coaching style –

she has such a positive effect on my confidence levels that I come away, my bag of tools refilled once again for me to tackle my next project.

I would recommend Clare to anyone who is seeking to develop their business and has no time to waste. ”

“Many thanks for yet another excellent coaching session which has given me the motivation to prepare for my interview with lots more confidence”  
J-LS, MD, Lindy Jazz Dance Company

“I was a client of Clare’s a few months ago. At that time my life seemed to have come to a stop. There were things I wanted to do but just could not see how I could fit them in. After some very amiable coaching sessions with Clare with no pressure whatsoever on her part I found ways that I could move forward. We agreed challenges, which I then carried out. The outcome was that, with Clare’s support and encouragement, I shuffled my life around and achieved what I initially felt was far beyond my reach – I also studied two courses and got Grade A marks for both, thanks to Clare.

I can recommend Clare as a very professional and caring Personal Development Coach with her client’s needs always to the fore.”

# AL, Manager, Holistic Centre.

“Having sorted out many areas of my life I found myself floundering as to how to solve the next big issue: my career. I was unsure of what I wanted from life and what I had to offer. What was needed was clarity of mind. This is what Clare has provided. It’s not a quick fix but a structured approach that is driven by a lot of positive energy. After Clare’s coaching you are left feeling good about yourself and really know that life can change for the better.”

SW Manager, Engineering Company

“I was being severely bullied, and the build-up of strain meant I had lost confidence despite being a capable manager. Clare helped me refocus on what I really wanted to achieve, recognise my successes, and happily move on to a new job"

CG. Team Leader

**My credentials:**

In the UK I trained with three highly regarded Coaching organisations: The Coaches Training Institute, Coaching and Mentoring International, and The Coaching Academy and more recently in Australia, The Inspired Spirit Coaching Academy

I also hold a Diploma in Coaching from CMI, a Diploma in NLP, and qualified as a Coaching Academy Licenced Trainer.



****

**Contact details:**

Clare Coffield

Clarity in Your Life

Melbourne

Australia

## Website: [www.clarityinyourlife.com](http://www.clarityinyourlife.com)