

**Coaching resume of Frances Light**

As far back as I can remember, People Development has been a key focus in my life. I have been working in the HR and learning and development arena for some 20 years now. We have recently embarked on a life changing journey and moved our family to London for change and adventure!

My Life Purpose is: I am the love and light that reconnects people to their magnificence.

I am a loving and caring person. I love connecting with people and I am passionate about helping people grow. In order to live my purpose I assist people in gaining self insight and to grow by providing support and guidance through coaching. I genuinely care about people and it is clear in how I live my life. I love my family and it is this love that I share with them that enable me to freely and unconditionally give it away to others. I live the principles of a spiritual life and I believe my facilitation and coaching is testimony of a personal journey of hope, love and peace.

I have been coaching for many years as part of my job function but in the past 4 years it has become an integral part of my life and work.I feel fully expressed and alive when I am facilitating and coaching. I am very blessed to have both corporate and individual clients. I feel that my roles as a women, wife, mother, and business women provide me with a wealth of experiences to draw off and allow me to truly be there in the moment with my clients.

Initially my journey was a traditional one, following the corporate road. After having a successful career in the corporate world where I had built up a wealth of knowledge and experience, I decided in 1991 to start my own business so that I could focus solely on my passions.

My business grew and in 2001, together with my husband Stephen, we formed a Company called PeopleActiv to pursue our Life’s Purpose even further. My philosophy is that all meaningful and sustainable change has to start on the inside and work its way out and this is how we run our business and our lives.

Our workshops focus on the power people have over their lives through choice, self awareness, responsibility and accountability. I assist people in challenging limiting beliefs and habits that don’t serve them and impart tools for changing behaviour and making it sustainable through alignment to values, purpose and inspiration in life. This is achieved by holding them naturally creative, resourceful and whole.

My influences and teachers include; my husband, Stephen, my twin daughters Madison and Caitlin, Sonia Choquette, Cheryl Richardson, Wayne Dyer, Byron Katie, Deepak Chopra, Louise Hay, John Maxwell, Ken Blanchard, Jim Collins, Ben and Ros Zander; and the like.