

LIFE PURPOSE



What am I doing with my life, what is my purpose, how do I find meaning or make sense of things? Questions of meaning and purpose can challenge us at any age or stage of life.

Research has now shown us that health and happiness are enhanced by a sense of meaning and purpose. A life lived in alignment with your core values and priorities will be less stressful, more joyful and naturally healthier. Sadly our education often skips these vital questions and topics and it is easy to loose track of who you are or why you are doing what you do. Whether you are an executive, professional, parent or student a sense life purpose and meaning is important.

SMALL GROUP COACHING

Group coaching is effective and fun. Groups are limited to 6-8 people and group coaching is a creative and dynamic way to explore these areas of life challenge.