



PROFESSIONAL DIRECTION

Staying inspired and continually growing in professional life can be a challenge, even though we know these are key ingredients to work satisfaction, health and managing stress.

Connecting to core values, intuition and insight are some of the ways to access creative inspiration as to where your path may lead next or which road to take. Accessing the unconscious or less conscious goals and desires we have for fulfilment, service and connection with others can open new and unexpected opportunities for learning and growth.

Taking time out to explore these issues and rekindle a spark within equates to working on your work rather than just in your work and allowing your work to work for you.

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.

