



Jean Sinnett

Personal Development Consultant

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Life Coaching

Your session will be all about you. We will be looking at the key events and influences that have brought you to the decision to take action towards building the life you want.

It doesn't matter why you feel the need to have coaching, the reasons are different for everyone. It may be that you have been experiencing poor relationships, or perhaps you're not happy at work, perhaps it's about your health or your weight.

Coaching is not about your emotional history and is not intended to treat mental health issues. For working on a more emotional level a [Louise Hay](#) workshop may be more suitable.

Coaching is about working with someone who is ready to take control of their life. Together we would find solutions to your problems or un-certainties about how to move your life forward. You would learn how to take control of your life and achieve your dreams.

Coaching is action oriented and the focus will be on your current life and what you want for your future.

For more information please contact me www.jeansinnett.co.uk or 01743 860 860