

Thinking Partnerships

Sometimes we need to reflect – talk our ideas through, without anyone interrupting our flow of ideas. This is a 1:1 conversation to help with changes you want to action.

It may also be about practical development of relaxation or T'ai Chi

Great things about Thinking Partnerships

Thinking partnerships work best when you are willing to clarify what you really want to do and want to take action to change something. With focus and a desire to change, possibilities open up.

Life becomes complex – we need to simplify, break things down into manageable bits. Get into doing.

When we take time to think clearly, we make better decisions with greater benefit to ourselves and others. As we discover ways through issues we lighten our load.

Enjoy the chance to think beyond your barriers and habits.

Do you want to change any patterns? Look at possibilities to make things a little better not worse. Some times we need to give ourself the space to step back and explore what we can do to keep our energy and our sanity!

Commit to what you say you are going to do – be realistic about the time you have and adjust if you need to, I will encourage you. You will set realistic time frames, and find ways to 'fit 'other things in.

Be prepared to get to know yourself a little better. Trust yourself to know what is best for you. You guide and discover the things that you are interested in doing.

I will listen, coach with questions / clarification allowing you to work through issues to the depth that you need to. Are you ready to step up?

The more willing you are to grow, the greater the benefit.

You drive the agenda.

You decide your actions – I help to keep you focussed, committed to your plans and encourage you to be the best that you can be.

Keep it simple – To transform your life start with something convenient and simple so it continues.

Sessions

Sessions can be one hour or one and a half hours. Either at my home, walking, or an agreed venue. This is about you, so you can drive the amount of sessions and the content.

For Thinking partnerships – exploring ideas and changing patterns I recommend 4 sessions minimum (for changes to be actioned and committed to properly).

A gap between sessions works well, allowing for practice. Obviously flexibility occurs depending on the needs.

There is an expectation of willingness to action ideas.

Confidentiality is ensured.

Cost per hour \$70.

Private sessions relating to T'ai Chi and relaxation are \$30 for 1 hour (can be up to 3 people).