



Are you looking for a real **Transformation** at work?

Get ahead and thrive
Realise your own '**Tactics and Strategies**'

For a more competent more daring, more courageous you
Transform your approach to your work and maintain a positive mind-set
Keep the body and mind sharp and responsive, able to meet the challenges
you face when under pressure

TRUST you are finding a strong assertive way forward for yourself

Follow these 12 steps to a courageous competent you

Step 1. Make sure it's your role you're working on and that you're not doing someone else's job



Focus on only what you HAVE to do now and don't allow yourself to become distracted by the needs of others, or other distractions



Make sure you are clear what your job description is and keep to it. Clarify this with your up-line

Bring on the senses of touch and smell; eg when the computer is making you wait use your 'touch anchor' which we have set up together



Mini 'calm breaks' to reassure the adrenals and the limbic system



Step 2 Make the most of every moment



Why am I allowing myself to over stretch myself?



Step 3 Think smart by knowing the quirks of the people you are working with and use this to your advantage



Understand where they are coming from using the TetraMap behaviour profile we use together



Plan your different tactics for each person. There's no blame simply understanding

Step 4 Remember and trust your values and realise where they are being compromised
They don't need to be the same as those around you. They make you an individual



How does your work plan look now you have an overall view of what you wish to achieve?



Play clever and work out how to use their qualities to your advantage



Write down the names of the people and the main gripes you have with them below



Step 5. Your strong body
Identify the symptoms which are concerning you



We identify the food supplements relevant to these symptoms



We find the places in your body which are expressing the strain and pressures of work



Step 6 Relax your body A blend of fragrant essential oils is tailored to your unique make which you use yourself at home or within a massage treatment with a therapist

How does this help me?

Become your own hero
Respect your body rather than pushing it around

A positive attitude to both your body and your mind

Cut down on the adrenaline spikes
Calm the immune system
Soothe your nerve responses
Slow down release of stimulating hormones

This positive message - that you care about your body - replaces the negative message that it does not matter and it have to go on no matter what

This positive message reassures the body and it relaxes better



Step 7. Get the best sleep and calm the enteric nervous system in the gut



Find the best way for you to relax and be in your body rather than your head = mindfulness/massage/ listen to music/the sense of touch/lovely smells/nature



This calms the immune/hormonal system as they need to feel calm rather than boosted for your metabolism to work at it's best. Use your 'touch and breath' technique we worked on to settle the cortisol spikes



It is important that your body and mind trust that they are safe with you. Then they will work better for you

Step 8 Create exactly the right positive mantras/affirmations to make sure that the mind is not derailing you with minutiae.



Step 9. Create for yourself a safe place you can trust; both in your home and in your imagination. Go there regularly. Use your positive affirmation as often as you can



Listen to what your body and mind are saying to you - and NOT what you think they are saying to you. Let them show you how your attitude to work affects you and ask how a compromise can be reached

Step 10. Go back to the steps above and reassess where you are and what you have learnt about your body and mind Keep being honest and trust the process

Can you promise yourself that you will keep repeating these 12 steps?

What would it take to keep your promises to yourself?

Step 12. Hold and keep to what you have learnt about you and the needs of your body and mind. Know it's important that you come first and are honoured, responsive and respected by those around you

Step 11. As your clarity, honesty and trust are expressed you feel and become stronger and able to be decisive, competent and assertive. It's important that you don't revert back and think it's not working - it will be if you follow these steps

This is a great start towards your positive tactics and strategies - which can grow further with time working with me - moving you forward

Why is Fran different from the rest of those coaches out there? What are her motives?

She's different because she allows you to listen to the body as well as the mind using massage and the soothing sense of touch; working at both cliff faces

“Over 28 years I have found out what works for me during my work with many people”

Can you say that you have found what has worked for you?

“It's simply my work to help people to become more the person they TRULY ARE”

You are in safe professional hands
If you live near Malvern, Worcester, Ross-on-Wye or Hereford visit me or I visit to you

If not let's Skype and I will send you a luxurious Aromatherapy blend to use at home

Read about how I have helped people on my home page

http://coachingforwellbeing.co.uk/index.php?option=com_content&view=article&id=12



Review - what
I have learnt
and what I
wish to create
now

Step 1 Coaching -
transformational
strategies and
positive mind-set

*Can you say that
you have found
what works for
you?*

Mindfulness -
bringing you
back to inner
stillness

Massage - find
the places
which store
your tension

Aromatherapy
helping you to
relax better



Call Fran now for your **FREE 30 minute chat: 07974 400575**

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