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The big personal news for this newsletter is that John and Grace got married on 16 July 2009! It was a wonderful and successful day, with the wedding held in the High Street Methodist Church Maidenhead and then off to The Old Mill in Aldermaston for a delightful afternoon and evening reception. A big thank you to everyone that attended, supported, or offered congratulations.

**Autumn Courses:** We have now set dates for our main autumn courses that build our sense of self and our abilities to recognise and achieve the things that we want from life. These are very effective and rich courses with a long track-record of success offering excellent value at £200 per person. It is one of the cheapest ways to learn how to transform your life and have some fun doing it! We require a minimum of 6 people on each course for the course to go ahead, so book now, and think about who else you know that might want to make deep changes in their lives.

**July Half-Price Offer:** Don't forget that if you are **very** quick you can take one of our autumn courses for less than half the normal price. Let us know **before the end of July** that you want to take a course and we will let you take the course for £99. Or you could treat this as a 2-for-1 opportunity and treat a friend! Let us know **right now**, or you will miss the offer.

We are planning to hold two courses this autumn and to be held in our house in Reading:

The Power of Purpose is held over 6 sessions that we are planning for Saturday afternoons from 2pm to 5pm

The Power of Self Esteem is held over 5 sessions that we are planning for Thursday evenings from 7pm to 10pm

## Events and Dates

### Autumn Courses

- **The Power of Purpose**  
Small-group course exploring larger life purposes and how to achieve goals.  
**Starting Sat. 19<sup>th</sup> September**
- **The Power of Self Esteem**  
Small-group course exploring what we do to undermine ourselves and how to reverse it.  
**Starting Thur. 17<sup>th</sup> September**

To book or find out more, contact us as below

**Personal Coaching:** Coaching by John Cochrane is available at times to suit you and is typically held at the Bliss Therapy Centre in Wokingham. 4 to 6 sessions at £50 per session will be arranged to achieve a particular objective; perhaps if you are going for a specific goal or to kick-start your next phase of personal growth.

Business coaching or home-visit coaching can also be negotiated.

# Emotional Strengthening

“Emotion is powerful. Having emotion work for us rather than against us gives us beneficial use of that power”



We all have natural or innate strengths. Some of us have a strong will; we stick to our decisions and carry them through. Some of us have a strong passion; we are willing to sacrifice to achieve our ambition. Some of us have strong reason; we are guided by our logic. Some of us have deep intuition; we can easily trust our deeper purposes.

We all have weaknesses as well. Some of us lose heart easily and find ourselves tending to drift aimlessly. Some of us procrastinate and end up less able to take important actions. Some of us live lives filled with sacrifice to our families or partners. Some of us work hard but somehow have little meaning to our lives.

Personal growth or personal development attempts to achieve a different balance, to remove blocks that weaken us and make more appropriate use of our strengths.

Emotional strengthening is the outcome of successful personal work which shows itself as greater emotional resilience, an experience of more of the emotions and feelings that we enjoy and that motivate us and less of the emotions and feelings that we find uncomfortable or distressing.

Paradoxically emotional strengthening leads to greater calmness and self assertiveness. We are not overwhelmed by our emotion but supported by it. By becoming more aware of our feelings and emotions and knowledgeable about their uses and limitations, we gain personal confidence and presence of mind; we become more mindful.

## Something to practise

Personal work often involves a level of discomfort. In order to learn something new (a new way of feeling, a new way of behaving, a new way of appreciating) we must step a little outside our own comfort zone. It is important to not step too far though. If we traumatise ourselves our learning will become fear-based with all the problems and future anxieties that fear and resentment bring.

Everyday examples of new behaviours that you could practise include connecting with a stranger each day (to build your confidence), or giving charitably (to challenge selfishness), or acknowledging what you notice in other people (to build feel-good communications).

When you do take a little step out of your comfort zone it is important to acknowledge yourself afterwards, **no matter how it actually worked out!** This enhances your learning and recognises that it is your intention that is the important thing.

## To contact us:

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