

Welcome to this newsletter from The Guiding Path, providing courses and coaching for motivational and personal growth work. This is our second newsletter and is produced to keep people informed of what we are currently offering and to provide some of the ideas and insights that we find fascinating.

The newsletter is supported by the website: www.TheGuidingPath.com

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Events and Dates

(See main newsletter for details)

Free Coaching Sessions in Wokingham

Free sessions at the Bliss Centre in July 2009

Half-Price Courses!

- **The Power of Purpose**
Small-group course exploring larger life purposes and how to achieve goals.
- **The Power of Self Esteem**
Small-group course exploring what we do to undermine ourselves and how to reverse it.

To book or find out more, contact us as below

There are two new opportunities at this time:

John Cochrane will be coaching at the Bliss Therapy Centre Wokingham starting in July and free coaching sessions are being booked now.

We are also looking at the possibility of holding special recession-busting half-price courses starting in August. At £99 instead of the usual £200 to tempt you to book early, we want these courses full!

More details below

Personal Confidence and Personal Growth Coaching

Personal confidence is not just about being able to take on new and previously daunting tasks; that is just a side-effect. Personal confidence is a way of being, a way of knowing what you are about and how you choose to be in your life.

Confidence in depth requires honesty and openness, it requires integrity and acceptance. It brings with it a calm assertive sense of peace and capability.

Personal confidence and growth need not be things that just happen.

True growth includes learning from your own innate wisdom, recognising your own unique abilities and limitations, learning how to overcome challenges, and becoming clearer day-by-day about your life purposes.

Personal confidence and growth coaching allows you to realistically assess where you are in life, what your challenges are, and what will take you forward.

Enjoy a **free coaching session**; explore what is possible for you and find out more about the benefits available. There is no commitment to further coaching.

Coaching sessions are available from July on weekdays in Wokingham and you can make an online booking request through the website: www.TheGuidingPath.com.

Half-Price Courses!

Summertime is not an easy time to commit to a 5 or 6 session course, no matter how great the course is. We want to make it much easier by offering a very special deal. If you let us know by the end of July that you want to join us we will give you the course at half price; at £99 instead of the normal £200. We need a minimum of 6 people on each course to run them, and we think that this very special offer may do the trick. Let friends and neighbours know! Get in touch now to find out more.

Some Thoughts on Positive Psychology

“Positive psychology” is a term that gets good and bad press. The good press is that it (the term, but not necessarily the understanding) has become stuck in the shared knowledge of today’s society and, at the very least, encourages people to think about how their habitual thinking may impact their life experience. The bad press comes as a response to a number of overly-enthusiastic claims for the benefits of the ‘science’ of happiness, CBT (Cognitive Behaviour Therapy), and the power of positive affirmation.

I am generally in the conservative camp of opinion around many of the claims and practices of positive psychology. I believe that effective and powerful thinking comes from learning how to truth-tell rather than a simplistic replacement of ‘negative’ opinions by ‘positive’ ones. Self-induced arrogance or blind self-justification is no healthier in my view than self-degradation.

But there is one way that ‘positive’ psychology can be used to great advantage, and this is when dealing with longer-term goals. If you want to give up smoking, or eat more healthily, or get regular exercise, you are setting up a long-term goal and will need to generate some long-term motivation if you are to see it through.

You may choose to make a start with willpower; the power we all have to make a reasoned choice and put it into action. This may work well for a while, but **willpower is a short-term motivation**; we can be tempted, or change our mind, or forget, or give ourselves an excuse, or get tired of the mental fight to keep our willpower in place, or find it hard to fight against a physical or mental addiction, and so on. The end result is that, for many of us, **willpower by itself is not enough**.

Long-term motivation is not always so easy to generate though. It involves mental visioning, exposing ambitions, touching passions, and being in tune with our intuitions. We know when our intuitional motivation is working for us, because we find doing things relatively straight forward, and our decision-making is easy; things make sense to us.

An approach that is often used in goal-achievement work is to imagine ourselves completing our goal or choice and perhaps enjoying the rewards afterwards. This is where the ‘positive’ bit

comes in. We cannot easily imagine a non-event (such as giving something up) and our subconscious is not inspired with a vision of simply 'doing' something. What we need is something definite that we can imagine and that thing needs to be attractive to us; **a clear positive image of benefit.**

My long-term motivation is to maintain my health and vigour throughout my life. I want to be physically fit and active for the rest of my life and I imagine myself in the future physically able and enjoying activity. My short-term motivation is to run regularly, at least 3 times per week. When I bring my long-term vision to mind I find it much easier and more enjoyable to go for a run.

Something to practise

I find that the way I start my day can have a lasting impact on my whole day. If I wake slowly and take my time then I may have a relatively slow and unproductive day, or find myself doing catch-up into the evening. When I wake and get up quickly my energy seems longer-lasting and I can enjoy 'getting things done'.

Many people like to start each day with some quiet reflection time, to set themselves up for the day and to identify some priorities. Personally I like to identify one important aim for the day.

But did you know that you can work on your self-esteem at the same time? Try this early in the day once a week and see what happens: Spend just a couple of minutes thinking about who you are and what you stand for in life and then pick one of the qualities that you have to acknowledge. Say to yourself **"Today I am celebrating my ..."**. Complete the statement with your own particular quality. During the day see if you notice how that quality appears and how you might want to make use of it even more.

To contact us:

Website www.TheGuidingPath.com
Email John.Cochrane@TheGuidingPath.com or Grace.Natalia@TheGuidingPath.com
Phone 0118 926 6962 (John Mobile: 07970 208133, Grace Mobile: 07921 058199)
Post The Guiding Path, 12 Easby Way, Lower Earley, Reading, Berkshire, RG6 3XA