

THE



Coaching & Learning

- **Want more from your life?**
- **Feel like you are under life's thumb?**
- **Run into the same old roadblocks in your career or personal life time and time again?**
- **Have relationships that continue to get you down and sap your energy?**
- **Wish you had more balance in your life?**
- **Want better results from your life?**

Consider hiring a coach?

An age old problem

Throughout time people have been looking for ways to improve, personally and professionally. They have invested heavily in programmes and gurus. They've gone with the flavour of the month [which is usually last months flavour repackaged]. People sought quick fixes and wondered why they didn't create the change they were looking for. Organisations did the same.

A common scenario

Unhappy with some aspect of your life you decide to change it. You buy the book, do the course, listen to the tape and make big plans. You tell everyone you're going to change. Everyone's on your side. But then you get side-tracked. You lose interest or meet seemingly insurmountable obstacles. Or worse, you meet with lukewarm success and think 'Was that it?' You get discouraged and give up.

Enter the coach

It's no secret that it's hard to change anything in your life unless you know and use strategies for making effective change. These include:

- knowing what you want
- a support for the down days
- someone to get you back on track
- someone to keep you focussed on the important things

A coach can be the answer when people need a push in a part of their lives or guidance in the direction of their preferred future.

Coaches:

- help people set better goals and achieve them
- ask their clients to do more than they would have done on their own
- focus their clients to more quickly get results
- provide the tools, support and structure to accomplish more with their lives

What happens when you hire a coach?

A number of things happen but perhaps the most important are:

- you take yourself more seriously
- you take more effective and focussed actions immediately
- you stop putting up with what is holding you back
- you create momentum so it's easier to get results

How coaching works

When you first contact your coach they will ask you about your goals, your habits, your work, your relationships, your challenges. All of this information gathering is intended to get to the heart of the matter, to address your most pressing concerns and issues, the things in your life you are tolerating, the things that are preventing you from living the life you desire.

Some of the resources used by your coach may be familiar to you but you may have lacked the motivation or discipline to use them successfully in the past. Your coach will help you move through your resistance and get results.

You will set up a schedule of contact times – face to face, or phone and/or e-mail – usually three 30-40 minute sessions a month. Your coach might give you assignments, ask you to keep records of your actions and outcomes, and will ask you to do 'post mortems' on any set backs.

Your coach will support you to celebrate your wins and your new insights.

So, if you have met the gurus, done the courses, bought the tapes and you still want more – hire a coach!

Wayne Morris, of Future Edge, is one such person.

"Over the course of my working life I have worked as a teacher, community educator, trainer, lecturer in human relations, counsellor, mediator, staff development co-ordinator, personal development facilitator, partner in a design studio, professional development coach and business improvement consultant. I have owned small businesses and managed in large.

My wide range of experience plus my formal qualifications and training in teaching and learning, guidance and counselling, vocational education and training, organisational development, human resource development and change management make me ideally suited to be your coach.

In addition to my formal qualifications I have a commitment to my own personal and professional development and this has led me to explore a wide range of 'human performance' strategies and leading edge 'change processes' including accelerated learning, transpersonal psychology, hypnotherapy and neuro- linguistic programming [NLP] as well as the more traditional approaches to personal and professional development.

I have worked with individuals and small groups, senior executives and prison inmates, team leaders and entrepreneurs, teenagers and people who just want 'more out of life'.

If you are ready to change I'd like to work with you."

cost effective . time efficient . results focussed



If you had the services of an experienced and well qualified coach who has a proven track of coaching you would know that you would be getting proven results for great value.

For further information contact

Wayne Morris

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What others have said about Wayne's coaching.

"The programme you worked on with me had a sound message and has had a profound effect on me changing my attitudes and assisting in my rehabilitation."

A.H. Auckland

"You are an awesome combination of good listener, teacher, mentor, challenger . . .I am very thankful for the time you are spending with me. You are very good at your job."

J.O. New Plymouth

"This time brought me from the depths of worthlessness to the redevelopment of self confidence and realisation of self worth. The outstanding support provided by Wayne enabled me to implement a programme of effective change."

S.F. Hamilton

"Wayne encouraged me to examine my attitudes and behaviour, to find out who I was and develop strategies in a safe, challenging, non-judgemental way."

T.R. New Plymouth

"Wayne's combination of being so down to earth, having a great sense of humour, and being willing to challenge where it's needed makes him an awesome mentor. His ability to help me move rapidly from confusion to clarity with a variety of different issues has been greatly appreciated. I would highly recommend some mentoring sessions with Wayne for anyone wanting to improve their interpersonal skills or learn how to better deal with stressful situations."

J.H. New Plymouth

"I have found Wayne's coaching very useful and valuable and it has helped turn my career around".

D.W. New Plymouth