

COACHING DIRECTORY

# MINDFULNESS NOW

If you're looking for some help with your mindfulness journey, these coaches can guide you on your way with their expertise and experience



## RACHEL COOKE AT P-THERAPY

**Rachel helps people figure out how to be OK... better yet, to be much more than OK, to *thrive*. Do you feel like something's missing? Or maybe that you're just not good enough? Rachel helps people connect with their authenticity, vulnerability and self-esteem through mindfulness. Online sessions are surprisingly effective or try Green Walking Therapy.**

● ***For a free consultation, visit p-therapy.com; info@p-therapy.com; 07591 575260***



## THE GENTLE WORLD

Fulfilment in life and work are essential for our wellbeing, but remain elusive for many. My coaching programme helps you unlock your true voice, enabling you to be confident, with every step you take leading towards your authentic calling through making heartfelt, courageous and positive choices.

● **For a complimentary consultation, email suparna@thegentleworld.com**



## MAGIC ROUNDABOUT COACHING

For overwhelm, work-life balance and life crossroads – feel confident, in control, clear about what you want and how to get there, and more comfortable in yourself. Professional coaching that focuses on the future and feels fresh, unique, slightly quirky, and very effective. Stop surviving and start thriving! Now offering two-hour intensive kickstart sessions to get clear on your key needs.

● **magicroundaboutcoaching.co.uk; 07730 400536; bronwyn@magicroundaboutcoaching.co.uk**



## MAXINE CROFT COACHING

**Maxine's ethos is to find the joy today so you can create the tomorrow that you want. Her coaching allows clients to connect with their creativity and find the outcomes they're looking for. She also encourages a mindfulness practice that provides the space to disengage from the noise around us. Although proactivity is key to creating success, sometimes a pause can be just as important!**

● ***maxinecroftcoaching.co.uk; 07876 354494; maxine@maxinecroftcoaching.co.uk***

ADVERTISEMENT PROMOTION



## DR BIMAL PATEL, PSYCHOLOGICAL COACH AND MINDFULNESS EXPERT

Reconnection isn't easy – it takes time and patience. Using science and artistry, Dr Bimal Patel MD, MA, DNM, MDCH, MBNLP, will help you revitalise your life. The outcome? Gentle, deep healing; feeling whole again; finding balance, tranquillity and fulfilmentin your life.

● **drbimalpatel.com; wellness@drbimalpatel.com**



## LUCY STANYER LIFE COACH

**Work-life balance sounds great, but can be tricky to get right. Through coaching you can get clarity, confidence and a space to create *your* optimum balance between being busy and being mindful. If you need inspiration for a career change or a better work-life balance, then book your free discovery call to see how coaching can help you.**

● ***lucystanyerlifecoach.com***



## MEERA CAREER COACHING

**Our entire lives are governed by our attitude – how we think, how we feel and what we say. If you are looking to find some peace and strength, wellness coaching is for you. Sessions at Meera Career Coaching include a holistic assessment of your life with goals, actions and exercises to get the results you need to live a fulfilled life.**

● ***meeracareercoaching.com; meera_shah70@hotmail.com; 07748 313488***



## CLEAR SPACE COACHING

Belinda Rydings is a highly qualified, experienced coaching psychologist. Her style is warm and non-judgemental, while encouraging progress towards goals and lasting change. She helps clients create shifts and illuminate limiting beliefs and unhelpful thought patterns. She is trained to work with the effects of past trauma, allowing clients to move to a bright future.

● **clearspacecoaching.co.uk; 07957 380050; belinda@clearspacecoaching.co.uk**



## VELVET EVOLUTION

Confidence Coaching helps you feel happy and confident about who you are and what you are capable of. Confidence Coaching is a unique combination of counselling skills, NLP, performance coaching and mindfulness created by Lydia J. Ward, the Confidence Coach. As a psychologist and mindfulness teacher, Lydia's approach to wellbeing is tailor-made to you. Try the 'What is Mindfulness?' one-day workshop on 5 March, 2 April and 7 May 2016.

● **yourvelvetevolution.com; 07961 313029 lydia@yourvelvetevolution.com**



## SUCCESS INSPIRED

**Caroline Dove specialises in professional development and personal transformation. What you think, you become. Your mind is your window on the world. Once we accept how our minds are, we can shape how we want them to be. Modern mindfulness techniques help us observe and accept. Enduring mindfulness wisdom inspires us to grow, to expand our perceptions, and to beneficially sculpt our minds to succeed to our fullest potential.**

● ***success-inspired.co.uk; 07775 637467***