

Three-session laser process programme

My name is Gaye Young and I am studying a course on professional coaching. I am looking for one volunteer I can work with in order to complete the practical part of my course. The person will be taken through a decision making method using a three session laser process.

The process is relevant for:

- A person who is unhappy with their job, relationship or a life situation and want to change it? OR
- If you are frustrated with a behaviour of yours you just can't manage to overcome no matter what you try? OR
- Do you know exactly what you want but have no idea how to get there? OR
- The feeling that your life isn't quite as you hoped it would be, or that something's missing,

This process will help you to hone in on **one area in your life** that you know you are ready to change but just don't know how to.

This process will support you to come away with a clear idea of what has been blocking you and what exact steps to take to make the changes you want.

This will be done in a heart-centred way that feels nourishing.

It isn't a hard-core approach where someone tells you what to do and you feel bad because you didn't manage to do it.

The aim is to teach you a simple, sustainable method that is a direct line of communication with your own internal wisdom so that the coaching you actually get is from the only expert on your life – **YOU**.

When you sign up as a volunteer you will be provided:

- Three weekly one-hour online video consultations with me that we schedule at a time that suits you.
- Three focused consultations might be the beginning of everything you've wanted.
- When you sign up, I will send you a questionnaire which will help you clarify exactly what you want to work on and what the problem really is. (This will make our time together even more productive).

How does this process work?

Session 1: We will explore what exactly is blocking you and what your deepest wishes for yourself are so we know what we are aiming for and what we need to help you overcome to get there. (Your inner truth will guide your first small steps to making this change happen during the week).

Session 2: We look at how your steps worked – we celebrate your successes and support the struggles. We go deeper into the obstacles or engage with the new ones that have revealed themselves during the week. This session sets new tasks for you to practice during the week to get to your goal.

Session 3: We review your process. We celebrate your successes – big and small. We clarify obstacles that may arise to challenge your intended changes in the weeks ahead. We create a document together which summarises your process, states your intentions, records the inner guidance you have become aware of, the successes you had and the counsel you have provided yourself to support you for the road ahead.

Are you ready to follow your inner truth to the answers you are seeking?

The process will require your commitment and the sessions are private and confidential. Please be aware that this is a very precise focused process with a clear identified aspect you want to work on. I am not a trained therapist or counsellor and this process is not for anyone who requires continued support with their mental health and well being.

If this process is something that you are interested to complete with me then please email me at

missgayeyoung@outlook.com

Submitting requests will close on the 28th September 2024 at 13:00.