



## Lifeflowbalance - Our Philosophy and Approach

Lifeflowbalance coaching works with you on what is difficult.

We understand change; how to implement it in ways that tap into the physiological needs of those who are leading the change or those who are subject to the changes.

If you are leading your own personal change programme in your life, as a professional or a business owner and the process seems foggy, or stuck, or lacks clarity or energy, not producing the results you desire, then we are here to help.

Five principles of LifeFlowBalance Coaching and Consulting

### Principal No.1

The coaching/consultancy relationship is both the medium and the lever for you to make the changes you want for yourself and in relation to those you love, care for, work with or provide services to.

### Principal No. 2

The role of the coach/consultant is to create and hold a secure and confidential space where attention is given to the needs of the client. We acknowledge you as your own self expert. We bring a non-judgemental acceptance of who you are, your journey and your aspirations. In the coaching role we ask questions to develop your self-/organisational knowledge and awareness. In the consultancy role we bring training, development and co-create solutions. In neither role do we ever tell you what we think you should do!

### Principal No. 3

We bring a systemic approach to our work with clients. As individuals or groups we do not exist in isolation. We come from and live in a constellation of dynamic relationships. To understand where flow in your life or work is disrupted, entangled, blocked, or sluggish and why, it is sometimes necessary to visually map the dynamics within any system of relationships linked to the troubling issues that have prompted you, or your organisation to seek out a coach or consultant. Systemic mapping and constellations is a developing and rich seam of current practice.

### Principal No. 4

Alongside simple **solution focused** approaches to coaching we also work at a **psychological** level to tackle: negative self-talk and self-limiting behaviours; systemic relationship dynamics for individuals, groups and teams; the unconscious emotional entanglements that may be affecting your life, your work or the balance between them both; we also explore how to repair organisational health and wellbeing



where there are signs of 'stuckness' or 'failure to thrive' that may be affecting performance and productivity.

**Principal No. 5**

We are flexible, adaptive and creative; however we accept that there will be times we may not be the right company for you and you are not the right client for us. We will respectfully accept that assessment from you and equally respectfully let you know if we feel we cannot meet your needs.