



Breakthrough Coaching Newsletter

Taking Time for You
July 2006

Dear Subscriber

Welcome to the July issue of the Breakthrough Newsletter and a special welcome to all the new subscribers!

This month, inspired by the laid back feeling of the season, we're talking about taking time out for you. Sound refreshing? Read on for more.

This newsletter will be taking a break over August while I have my well earned holidays (as well as moving house and the business!). I'm sure lots of you will be taking a break as well. So no newsletter next month, but the Monday Morning Inspirations (if you subscribe to them) will continue and I'll be back with you in September.

To make up for the break.... in this issue I'm bringing you details of *two fantastic coaching programmes* that each have places available for a September start - perfect for those of you that want a kick start after the summer holidays.

Happy Reading,

Lisa Ravenscroft - The Breakthrough Coach

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Taking time for YOU!



My clients often tell me that one of the added benefits of having coaching with me, that they hadn't considered before they started, is that their hour long session can often be the only time in a busy week that they feel able to step back and truly focus 100% on themselves. Hand on heart, how often could you say that you allow yourself to do that?

A lot of the time we get so busy 'doing' that we forget about 'being'.

This was a revelation of sorts for me some years back. I had something fantastically inspiring to aim for, I had the focus and drive to work really hard and I was making good progress. And yet, I wound up feeling ill, stressed and fairly disillusioned. If this was what having stretching goals was about, I wasn't sure I wanted them after all!

Talking through how I felt with a friend one day, I was brought up short when she said "oh yes, you've become a human doing instead of a human being" and I thought about that all the way home.

As I reflected on the previous few months I could think of few times when I wasn't 'doing' and even fewer times when I'd consciously decided to take time out and just be.

So how much of your time do you spend 'doing' and how much do you spend 'being'? If you had to divide a circle up with how much time you give over to each, what would it look like? How big would your 'being' slice be?

With our busy lives and time-poor society it can seem near impossible to take more time for ourselves, but at what cost do you choose not to? My decision those few years back was to invest more time in myself and I'm certain that I'm more productive as a result. I get more done in my 'doing' time now than I ever did when I was 'doing' every waking second of the day. Plus, my ultimate decision was that it couldn't all be about the doing and the destination or I'd miss the journey altogether.

So as we roll into Summer, **what time could you make for yourself to just be?** When could you next set aside an hour or two, a whole day or even more than that to relax and recharge? How much better would you feel if you did?

Could you do with some regular time set aside to focus 100% on you and on making your life how you want it? If you'd like to see how working with me as your coach could help you, call me for a free consultation on 01303 891671. Or check out the programmes below....

Fantastic Coaching Programme #1 - Design Your Life

Is your life exactly where you want it to be? Or could you use more focus, motivation and commitment to get the life you deserve?

Yes? Then the Design Your Life programme could be for you!

Quote of the month...



"Give yourself a perfect day. Do what makes you happiest. Look upon what gives you joy. Speak to those who warm your heart. Listen to that which lifts your spirit. Surround yourself with sights and sounds and people who give you pleasure. For all the happiness you give to others all year long, give yourself a perfect day."

Author Unknown

When will you give yourself a perfect day?

Quick Links...

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What is it? Design Your Life is a 28 day fast track programme designed by top coach, Nic Rixon, to help you design the life you want. You start with a one day seminar run by Nic to get you started and then over the next 28 days you're supported by your own personal coach to gain the focus to start living your life the way you want it.

I'm coaching on this programme with Nic and his team, so if you want to choose me as your personal coach I will be delighted to work with you. Find out more via the link below. I'm a great believer in trying things out before I tell all of you about them, so you'll see a testimonial from me on Nic's website showing that I did exactly that!

When you book, please mention my name :)

[More about the Design Your Life programme here....](#)

Fantastic Coaching Programme #2 - A Business To Love

***Are you looking for Business coaching to help you take your business to the next level?
Do you want to work with a top coach but balk at the cost?***

Yes? Then 'A Business to Love', the affordable coaching gym for small businesses, could be for you!

What is it? The brainchild of top coach Judith Morgan, A Business to Love is a year long affordable coaching programme for small business owners and solo-entrepreneurs who want to achieve the success they've been dreaming of. Through a mixture of group sessions with Judith, one to one coaching from your own coach (Me, if you like) , exclusive teleclasses and ongoing support this programme is dedicated to your success and to looking after you as well!

Find out more via the link below and if you decide to join, please do mention my name. As one of the coaches on the programme, I would be delighted to work with you and I'm sure Judith will happily assign you to me if you request it and I have spaces.

[More about the affordable coaching gym A Business to Love...](#)

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phone: 01303 891671
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