

Fashion & health

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Time for a big change?

GOT the January blues? You're not alone; more than one in three people felt physically and emotionally depressed when they had to return to work after the Christmas and new year holiday.

It's a time when many of us feel we want to make a change. Huddersfield woman Yvonne Castle is aiming to help people find the right path in life. Her company, YC Change Consultants Ltd, is a coaching and consultancy business and for the next seven weeks she will be giving some useful tips in a new weekly column in the Examiner to help anyone who needs to sort out life's priorities.

Yvonne's aim is to motivate her clients to reassess and reorganise their lives in terms of career, relationships, self-esteem, confidence, wellbeing and personal finances.

By **ANDREW BALDWIN**
Feature Writer
andrew.baldwin@examiner.co.uk

She says: "The idea of working with people to support them in achieving their true potential has grown significantly in recent years. "It is all about boosting people's confidence and self-esteem and aiding them to make their own positive decisions.

"Encouraging people to reach inspiring goals is highly rewarding, both for the individual and myself as a coach. Coaching is a part of my work that I find really highly motivating for me."

Yvonne is well qualified, with more than 17 years of experience in improving performance, both in the private and public sectors. She has previously worked with the Audit

Commission as an inspector and as head of Corporate Improvement for a national consultancy company.

A life coach identifies and develops hidden talents and other personal resources in their clients.

Yvonne has developed a self-help course for Examiner readers.

She explains: "It will not only unravel the many myths that coaching is all about 'dancing in forests' or some sort of 'sports phenomenon' but the truth behind how we can use this technique to improve our lives - but only if we want to.

"The column will also include some practical exercises that you can test out for yourself if you wish, so that you can try coaching for real. "I'd really like to encourage people to write in and tell me what's working and what isn't working."

Resolutions for the year ahead

By **YVONNE CASTLE**

HOW is your New Year's Resolution going? Did you say to yourself: This year I will:

- Do more things for me
- Spend more time with the family
- Change my relationship for the better
- Find that perfect job
- Be more confident
- Improve my health
- Balance my work and leisure time better.

And are you getting there? Are you starting to see a difference or have you just gone back to your 'usual' way of life?

What 'coaching' is: There are many, many definitions of coaching. I like to describe it as simply "helping someone to move from where they are now to where they want to be".

Coaching is about taking hold of your dreams and turning it into a reality - your dreams and your reality - not anyone else's.

You need to be clear what it is that you want and coaching will help you identify YOUR way to move yourself forward. I love the phrase "a wish list remains a wish list if there is no action".

Coaching is nothing new; it has

What coaching is ... and what it certainly is not

been around for a long, long time. But we are starting to hear more and more about 'life coaches', just as we are hearing more about 'personal trainers'.

We are finding out that our bosses employ a 'coach' in the workplace; indeed many organisations run a 'coaching programme' alongside their training plans.

What coaching isn't: We need to be very clear about what coaching is not, just as much as we do about what it is. Coaching is not therapy, it is not counselling. In coaching we are always looking forward at what your goal is, this week, next week, in three months time, in 12 months. We do not look over your past or delve deep into issues that are re-occurring.

We do not look to the past to find the solutions to something that is happening for you now. A coach is always exclusively about the 'now' and the 'future'.

Coaching is not mentoring. Mentoring is about providing advice; in coaching, a coach never gives advice because the goal and the path to get there is different for each and every individual.

What's right for one person is not for the next. A mentor is an expert

in their field and provides advice to those up-and-coming stars in that specific field.

Coaching holds the belief that each individual has the answer within themselves and the skill and technique of coaching is to help you find those answers.

How it can help change our lives:

Coaching can help in our personal and our work lives. You know you need coaching when:

- You spend much of your time and energy doing things to please other people and not really doing what you truly want
- When you want to get on at work but you are not sure how to progress
- You feel you have no choices in life; you just turn up each day
- You feel at a crossroads and don't know which way to turn
- You want to manage your time really well and get organised and focused
- You want to get back on track after being distracted
- You want to feel back in control of your life

You know you want something different, but find it hard to say what 'different' is

People who have experienced coaching have described benefits as:

"Making such a difference to my level of motivation and enthusiasm."

"I have rebuilt the confidence in myself and in my work and have achieved so much in terms of strengthening my management and leadership skills."

"Coaching has helped shape my future career and personal aspirations. I found that I was able to make significant improvements in a matter of weeks"

"I found one particular session so useful that it has made a significant difference to how I now view myself and my business"

How do you know if you're ready for coaching:

You are ready for coaching when you are ready to commit to taking action. When you have decided it is time to do something about it. If you want to do it, but just not yet, or it feels too hard, or only just 'maybe' then you are not ready for coaching.

For more information visit www.ycchange.co.uk

■ **RIGHT PATH:** Life coach Yvonne Castle is to write a new weekly column in the Examiner, aiming to help our readers "to move from where they are now to where they want to be in life"



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Winter's tale ...

WINTER is hard on the skin - and no-one wants to look sallow.

That's why the new Boots Botanics Baby range is bound to be a winner with grown-ups. Created to be mild and gentle for baby skins, it will also suit those with sensitive skin. Every product - from baby oil and shampoo to bath foam and baby lotion - has a number of botanical extracts. Calendula, linden flower, grapeseed, jojoba, peach oil, shea butter and olive oil are all in there somewhere. The

products are reasonably priced - from £2.75 to £3.75.

● Tesco has a new range of Pure toiletries, created with sensitive skin in mind. All products are soap, perfume and colour free and utilise natural extracts. The shower gel has grapefruit oil and chamomile extract, while the moisturising bath cream contains provitamin B5 (just like the famous shampoos!). The best thing of all about this new collection is that every product is just 98p for a whopping bottle.

Next week: Choosing which area of your life you want to change