



**Counselling** helps clients to resolve emotional, psychological and relationship issues.



They may be experiencing difficult and distressing events in their lives, such as bereavement, divorce/separation, health issues or concerns with education or work.

Some clients feel isolated and have no one else to talk to, but even people with supportive family and friends can find it difficult to talk to them about feeling anxious or depressed; or they may just find it easier to talk about personal, family or relationship issues with an independent and professional counsellor.

Counselling may involve talking about life events, feelings, emotions, relationships, ways of thinking and patterns of behaviour. The counsellor will listen, encourage and empathise, but will also challenge to help the client to see their issues more clearly or in a different way.

Counselling encourages the client to explore aspects of their life and feelings, by talking openly and freely. It focusses on recognising and understanding feelings and emotions and how they impact on behaviour.

Counselling takes notice of past events and experiences and encourages the client to explore how these experiences effect their current 'problem'.

**Lifecoaching** is aimed at helping people meet goals in their lives by guiding them in the right direction. Lifecoaching is a process which supports you to look at '**where you are now**' and '**where you want to be**'. Your Lifecoach will help you decide what changes you want to make and will then work with you on how to go about achieving those changes. Lifecoaching works on helping you set realistic goals (goal setting) and planning how to achieve them



(action planning).

Lifecoaching also helps you to identify what will stop you (barriers) and how important your goals are (motivation and commitment). Lifecoaching helps you to focus on what you have **NOW**, what you want to be different for **NOW** and the **FUTURE** and how to begin to make positive changes.

The aim of Lifecoaching is to help people break their negative belief patterns, act more decisively, and set clear goals towards achieving what they want from life.



Lifecoaching focusses on solutions rather than problems and helps people move forward and take control of their lives.



Want to know more about Lifecoaching or Counselling?  
Get in touch. [peter@prtsolutions.co.uk](mailto:peter@prtsolutions.co.uk)

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