

# ABI HODGSON

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## LIFE REDESIGN COACHING

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Focussed on empowering you to be the best version of yourself, releasing you from overwhelm, anxiety and self doubt, identifying strengths and goals, creating a more fulfilling life and a deeper understanding of who you are.

MORE THAN JUST A LIFE  
COACH...



LIFEREDESIGN COACHING

[www.liferedesign.co.uk](http://www.liferedesign.co.uk)

07399 971692



Life is busy - with high expectations, rising levels of anxiety and a growing feeling of overwhelm. We often have hopes and dreams that become lost in the routine of our daily lives.

Finding the time and space to invest in yourself may feel impossible, but it's something you deserve.

If you feel that your life has lost direction, or that you are just not making the most of the opportunities you have, then Life Coaching could well be the solution for you.

Together we will work towards discovering what is important to you, identifying any limiting beliefs, create healthy thinking patterns and increasing your overall confidence to go out and create the life you deserve.

So why not take your first step towards a fulfilling life and book in for a FREE 30 minute session so we can talk through your situation.

There's no obligation to proceed - and a zero spam guarantee!

*"Abi has got to be "The Most" patient, kindest, professional life coach I have ever had dealings with. She is helping my 16 year old daughter overcome severe anxiety and especially through her gruelling GCSE's. Over the last few months my daughter has been taught techniques to help deal with stressful situations. I am truly grateful to Abi for helping my daughter. She is the only one that has ever made a difference. She is being taught how to live in the present and not the past. I have no hesitation in recommending Abi to anyone. Thank you !!"*

*Suzy*

*"I have tried other coaches in the past but found that working with Abi over Skype was so much more convenient for me than face to face meetings. Abi has really helped me to understand what I want to get out of my life - especially my career and has helped me focus on how to achieve my ambitions. She is friendly, approachable and very easy to talk to. She was honest about what she felt I needed and when she felt I was ready to stop having sessions."*

*Dawn*

*"Abi. is kind, caring & understanding. I think she will become a big help to me"*

*Alison*



# What is Coaching?

Coaching is a focussed conversation, and you will do most of the talking.

It will be confidential, encouraging, supportive and challenging.

I will listen and ask questions.

I will nudge you in the right direction but you will be in control.

I will try and make you think about your situation and encourage you to identify your goals.

You might get a bit emotional as you work things through - but that's okay. You may equally feel empowered, ready to take on the world and smash your ambitions - that's what we are aiming for after all!

You may only need to talk to me once or you may need to talk to me many times.

You are in the driving seat. You can talk through your plans, you can bounce ideas off me, voice your concerns and worries,

celebrate your achievements.

And that's it

A conversation.

All. About. You.

# WHAT TO EXPECT

Life Redesign differs from many coaching services in that every session takes place online or by phone. You choose where and when you want to receive your coaching, and I will be there!



A free, no-obligation, 30 minute session is available to everyone - you need to make sure that I am the right coach for you. And if i'm not, there'll be no hard feelings!

Every session is carried out online by Skype, FaceTime or Zoom, or by phone - whichever **you** prefer.

Appointments when *you* need them - during the day, in the evenings and at weekends, with online booking and secure payment.

An affordable hourly rate with no minimum number of sessions. Every person is different. Every coaching relationship is unique.

Every session will be followed by an email, detailing our discussion. And you'll be given tools and techniques that you can use throughout your life.

I use humour, inspiration and compassion to get you to where you want to be. There's no formality. My aim is to make you comfortable...the perfect mindset for change and self improvement!