# LIFE Coaching?

*For me?*

# FREE Life Coaching

***For adults in Trafford on the autistic spectrum***

*What is Life Coaching?*

Life coaching can look at any aspect of a person's life, not just their physical health and wellbeing. It is about a relationship where the life coach supports another person to focus on what they want to achieve in life and helps them to identify what is getting in the way of them achieving their goals. We will work with you in a 1-1 basis to help you identify your goal, make an action plan to achieve it, and deal with the barriers in your way.

*How do I apply?*

It's very simple, just email Clare and she will send you a referral form to fill in and arrange an initial conversation to decide whether life coaching is the right support for you right now.

For more information please contact our Life Coach: Clare Cochrane
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Trafford CIL

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