

Coach yourself to greater wellbeing

Do you wish you felt healthier? Maybe you have a health issue that requires a new way of living and you aren't sure how to manage the adjustment... Coach Beverly Landais helps a dispirited reader find the motivation to create a healthier lifestyle



The 'Psychologies'-endorsed 'Find a coach' directory, with Barefoot

Coaching, provides readers with a choice of top coaches, all with postgraduate training and accredited by the University of Chester and the International Coach Federation. Find a coach who suits you, to help you navigate and transform your life – in the areas of money, work, relationships, parenting, health and leadership.

Suzy

Editor-in-Chief



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ASK THE EXPERT...

Beverly Landais is a life coach who specialises in wellbeing and careers at Beverly Landais Executive Coaching. She enables people to be their resourceful best



I can't get my head into gear when it comes to my health. I can't be bothered to go to the gym or eat healthily – I have no motivation. Yet I worry that if I don't keep an eye on my health, I will have problems in the future. I am 48 and I want to take care of myself. How can I find the drive to improve my health? **Kate**



Well done on realising that good health is vital to happiness. Self-awareness is the spark that can light the motivation to act. Good intentions fail when we go to extremes with workouts and food that feel like punishment. There is another way. Small changes to your routine can

make a big difference. Try these steps:

- **Do a self-care audit:** Prioritising self-care means paying attention to how you spend your time, handle your resources and maintain your environment. What has worked in the past? What did you enjoy about it? How can you build on your previous successes, however small?
- **Ignite motivation:** What precisely would you like to improve? Setting a goal will motivate you to act. What strengths do you have to help you? How would it feel if you took action?
- **Choose to act:** What is one thing you can do now? On a scale of one to 10, how likely are you to stick to it? Aim for at least a seven. Buddy up with someone like-minded – social beats solo. Do one thing today and another tomorrow. Keep going until it's a habit. beverlylandais.co.uk

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Psychologies' partnership with Barefoot Coaching

gives you the tools to find a coach who meets your needs. Barefoot Coaching has been at the forefront of coaching and coach training for 25 years. It has a proven track record as a provider of high-level coaching and coach

training to organisations and senior executives, nationally and internationally.

Train as a coach with Barefoot Coaching

The Barefoot Coaching International Coach Federation-accredited

Postgraduate Certificate in Business and Personal Coaching is one of the most well-established coach training courses in the UK. Barefoot runs regular, free introductions to coach training throughout the year. Visit barefootcoaching.co.uk/taster-morning to book.



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Our monthly podcast

with Kim Morgan and Suzy Walker discussing coaching dilemmas is on the 'Psychologies' podcast channel on iTunes and SoundCloud