



# Life-Time coaching with *Kerstin Lindley-Jones*



**Do you find that you are too busy to do everything you want in life? Or maybe you often find your-self double booked or forgetting appointments you made?**

I am the kind of person who can't keep a lot of different information in my head at the same time, so I used to find life very stressful and often forgot where I was supposed to be at a particular time. This was particularly difficult when I had three young children who all needed to take different things with them for school or for after school activities and also had to make sure that I was available for therapy clients at their appointed times.

I tried to use ordinary pocket diary systems, but found that even then life was often a hit and miss affair. Then I learnt the Anthony Robbins Time & Life Management System. This was followed by the Stephen Covey 'First Things First' Time Management System and over the years I have honed my planning to suit me, my personality and needs.

The difference between the way that I plan my life now and before is that 'then' I used to have 'to-do' lists as long as an arm and these just left me feeling weighed down and there was no joy.

Tony Robbins taught me how to associate each task to my purpose and focus on what really matters in my life. Why do I do what I'm doing? By going through my life in a systematic way and connecting with the meaning behind the different 'roles' I have in life, I find that when I get down to scheduling I have much more inspiration and creativity than I used to have.

*"I know what I want and who I want to be. I end every day with a feeling of having achieved something for myself and the universe. Above all, I like being alive again, I feel like I have Time back, and that anything is now possible."*

*- Sophie, December 2009*

Having fifteen years of experience in this type of life-time planning, I am now helping others to change their lives around through a specific short term one-to-one coaching programme.

**WITH THIS PROGRAMME YOU WILL LEARN A SIMPLE, STRAIGHTFORWARD AND SYSTEMATIC APPROACH TO TRANSFORMING THE QUALITY OF YOUR LIFE.**

With the help of my thirty-plus years of experience in Transpersonal Psychotherapy and Coaching we will uniquely tailor your Life-Time management system to help you meet your daily life with inspiration, joy and creativity.

*For further information and to book, please contact*

*Helix House on:*

*[www.helixhouse.co.uk](http://www.helixhouse.co.uk)*

*Tel: +44 (0)1865 243351*

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2010	Monday 2 Aug	Tuesday 3 Aug	Wednesday 4 Aug	Thursday 5 Aug	Friday 6 Aug
08:00	Work	Work	Work	Work	Work
09:00	Work	Work	Work	Work	Work
10:00	Work	Work	Work	Work	Work
11:00	Work	Work	Work	Work	Work
12:00	Work	Work	Work	Work	Work
13:00	Work	Work	Work	Work	Work
14:00	Work	Work	Work	Work	Work
15:00	Work	Work	Work	Work	Work
16:00	Work	Work	Work	Work	Work
17:00	Work	Work	Work	Work	Work
18:00	Work	Work	Work	Work	Work
19:00	Work	Work	Work	Work	Work
20:00	Work	Work	Work	Work	Work
21:00	Work	Work	Work	Work	Work
22:00	Work	Work	Work	Work	Work
23:00	Work	Work	Work	Work	Work
00:00	Work	Work	Work	Work	Work



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