



XENERGIE

XENERGIE CONSULTING Ltd

CAREER & LIFE CHOICES COACHING



Research shows that those who are most satisfied and motivated in their lives and careers have made specific choices which reflect who they really are; which reflect their true nature and their real passions; which draw on their innate strengths and employ their favourite skills; choices which allow them to honour their deeply-held values. Xenergie's Career & Life Choices Coaching will help you build that springboard for potential for yourself.

Xenergie combines a background in motivational and behavioural coaching with innovative and exciting learning and discovery methods which open and strengthen your mental, emotional, spiritual and physical foundations. Our programmes are whole-life based which means we take into account the lifestyle that you lead, not just presenting issue or concern that you bring to us, because all aspects of life must be fully integrated and in harmony for fulfilment to occur. We are also very realistic and practical about change, because it is not something that most humans do easily. We put a strong focus on turning your thoughts into practical steps and action plans for you, whilst building your confidence and stretching your horizons in new directions.

A Process to Elicit your Ideal Life: **EXPLORE – DREAM – DISCOVER**

Three phases to really get to know who you are, to value yourself, to draw out your own creativity and resourcefulness, to create new possibilities and finally, to decide on your chosen path and create an action plan to get moving in that direction:

- ☑ Your values
- ☑ Your life purpose
- ☑ Your most powerful self
- ☑ Your personal strengths, interests and passions
- ☑ Your personal achievements
- ☑ Your work preferences: favourite job skills, work motivators and preferred type of organisation
- ☑ Your professional strengths
- ☑ Your greatest work achievements
- ☑ Your ideal working day
- ☑ Everything that you need in life and work to be happy and fulfilled

All of our services follow a core process, tailored intuitively for you by your coach, according to what you as a unique individual require to move forward. Our coaches are highly experienced and qualified professionally, and all walk their talk in their personal lives, having made their own life and career choices to be where they are today. Each also brings with them a toolbox of complementary skills such as hypnotherapy, NLP, communications and creativity coaching as well as meditation and energy work, to make learning exciting and to help you move through fear and step forward with confidence and certainty.

FIREWORKS™ CAREER COACHING – your personal journey for discovering your most fulfilling career choice

– Your success is a **journey**, not a destination. Fireworks™ is stimulating three month voyage of discovery where we meet fortnightly for two hours or have weekly conference calls by phone (or combination of both) with personal contemplation time in between. The process begins with in-depth discussion and one or two psychometric assessments (Myers Briggs Type Indicator Step II or Belbin Team Roles – further assessments maybe added) to discover the real you. We open an **Ideas Bank** to capture possibilities and we stretch your thinking far to **Dream** beyond your current spectrum of possibility, remembering that if a job does not yet exist, it can be created. As **Discoveries** start to emerge, we narrow down and focus on the reoccurring themes and start to enable your future self with an action plan and emotional/mental work to reinforce your beliefs and self image in relation to success.

Often people attempt to live their lives backwards: they try to have more things, or more money, in order to do more of what they want so that they will be happier. The way it actually works is the reverse. You must first be who you really are, then, do what you need to do, in order to have what you want.

- Margaret Young

My mother said to me, "If you become a soldier, you'll be a general, if you become a monk you'll end up as the pope." Instead, I became a painter and wound up as Picasso.

- Pablo Picasso