



NEWSLETTER OF LCA AUCKLAND - FEBRUARY 2009

# Hello and Welcome!

**Happy New Year and all the best for 2009.**

This is an interesting time of the year for us all as we look back over 2008 and also wonder what 2009 has installed for us. To add to the mix, we have all this talk about the world economy and even closer to home - the NZ economy.

We can not ignore what is happening and how this may impact on us personally. When looking back at history we have had times like this before and yes there has been a few; some have been short and sharp, long and slow, long and very deep as well as short and shallow. This allows opportunities for us all to look at different ways to ride out the storm and also create new ways of living for not only our personal self but also our families, neighbours, communities, towns and even our country.

You may ask, 'What does this have to do with Life Coaching or even a personal development course'? Well, we also go through these types of changes personally. This is Life allowing us the opportunity to grow & expand using our creativity to live the life we desire and to live and breathe what we are very passionate about.

I have been living in the UK for the last 6 months and have seen a trend where coaching is something that they are implementing into a lot of different areas. These range from businesses, schools, individual courses and even government departments. Individual people are employing coaches, as a coach is very independent in assessments and also works to deal with real time present issues that arise, allowing people to move forward and achieve the life they desire.

LCA Auckland has some options for people who are interested in doing something different or even taking time out to clarify what is happening for them personally. If it is a career change, relationship or something else, you can contact one of the Affiliates for some one-on-one coaching or even arrange to attend one of our up and coming courses.

Make 2009 be a year you look back on and say, 'Wow, I am really pleased I did something constructive for me and everyone around me'.

regards,  
Jay Lincoln.

## **Diploma in Holistic Life Coaching** 9-12 month part time course.

Our coaching is holistic and helps people to radically change themselves and their lives in ways that they have always felt possible. The course actually operates on 3 levels all at once:

1. Professional training in life coaching
2. Training and support in setting up your practice
3. Personal transformation and a huge growth in self-awareness

### **2009 dates**

Module 1	6 - 9 March
Module 2	4 - 6 April
Module 3	2 - 4 May
Module 4	6 - 8 June
Module 5	27 - 29 June
Module 6	25 - 27 July
Module 7	21 - 24 August
Module 8	25 - 28 September

## **Way To Freedom** *weekend course* **21-22 March**

This weekend workshop explores how you can be truly free.

On this 2 day experience you will learn to identify what really holds you back and gain the tools to change to a life of greater freedom, success and happiness.

**Get in touch with an Affiliate and secure yourself a place on any of our courses!**

**LCA AUCKLAND - [www.freedomtochoose.org.nz](http://www.freedomtochoose.org.nz)**

# AFFILIATES

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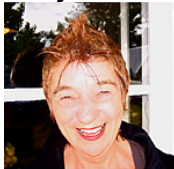
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## AUCKLAND CITY

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## MANUKAU

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## WAIKATO - (Maungatawhiri)

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## BAY OF PLENTY - (Waihi)

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