

Mohinder Kalsi

Mohinder has written more than 100 audiocassette programmes in his MindPower Subliminal series on self-help, Sports improvement, business, accelerated learning and personal mastery.

As a Life Coach, he now works with individuals so that he has time to devote to thinking about each client individually each day, so as to work together to enhance their lives.

- Professional Life Coach
- Master's in Psychology
- Doctorate in Education And Human Development
- Specialist in subliminal persuasion techniques
- Background in Training, Management, Consultancy and Counselling
- A Founder Member of The UK College of Life Coaching

Mission Statement:-

"Your Life Coach" is dedicated to helping motivated people to achieve even more. Whether it is done through personal coaching or self-help resources, "Your Life Coach" wants individuals to be Inner Winners, families to be stronger, corporations to be more productive.



Control Your Future
Achieve Your Goals
Realise Your Dreams

Your Life Coach



Mohinder Kalsi Ph.D



CONTACT DETAILS

Mohinder Kalsi. Ph.D
MindPower
P.O. Box 5268
Milton Keynes
MK15 9EA

Tel: 08707 404 029
Fax: 08707 455 168

e-mail: webmaster@yourlifecoach.co.uk
web: www.yourlifecoach.co.uk

PERSONAL LIFE COACHING

➔ WHAT IS COACHING ?

Coaching is about performing at your best through the individual and private assistance of someone who will challenge, stimulate and guide you to keep growing.

➔ WHO USES A COACH ?

- Anyone who sees a gap between where they are and where they want to be, and is willing to do something to jump that gap
- Private individuals facing issues or changes in their life who wish to make the right decision to move forward
- Entrepreneurs and Business Owners who need to realise their dreams and exchange ideas for profit
- Corporate Managers who need to deal with an ever-increasing stressful, challenging and competitive workplace

Although originally used by only high achieving corporate individuals or top class sports people, coaching has now become a wide spread phenomenon amongst individuals in all walks of life.

➔ WHAT DOES A COACH DO ?

- Raise your level of personal awareness to reach a clarity regarding situations in both your personal and work life
- Help you tune in better to yourself and others
- Help you set and reach better goals through the creation of a plan of action
- Provide you with the tools, structure and support for you to accomplish more
- Provide you with a confidential and independent 'sounding board'

➔ HOW CAN MY BUSINESS OR CAREER BENEFIT ?

Coaching attracts many people who wish to get ahead in a very competitive business environment. You will have the guidance and support of a coach whose expertise will help you to:

- Plan your ideas and implement and complete your plans
- Hone your skills in communication, leadership, time-management, selling, presentation and much more
- Maintain a healthy balance between your personal and professional growth
- Maintain alignment between your goals, beliefs and values.

- Identify and focus on your strengths in order that you can develop to your full potential.

- Avoid stress by removing that feeling of 'being on your own' and through the implementation of a stress management programme.

➔ WHO CAN I CHOOSE AS A COACH ?

It is imperative that whoever you appoint as your coach has moral and ethical values that agree with your own, and is someone who will provide you with the kind of service you want. Do you want someone who will challenge and push you forward whilst offering constant support ? Do you want a coach with a good sense of humour and someone with whom you feel totally comfortable ? Remember, you will want to be able to discuss your most private thoughts, fears, ideas, angers, frustrations and joy without reservation.

Mohinder has all of these qualities. He is superb at placing people at their ease, his senses finely attuned to when sympathy, a quiet ear, a good joke or a firm push is required. He will only work with individuals whom he believes he will offer the full extent of his personal skills, knowledge of human nature / mind and his business experience.