

Choose from:

Coaching

Hypnotherapy

Health Fund Rebates apply

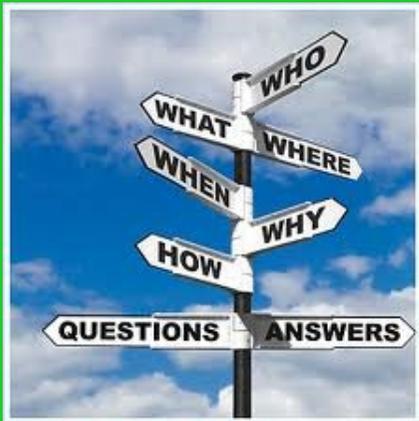
*Stress Management
Programs*

Meditation

Reiki

Polarity Therapy

Homeopathy

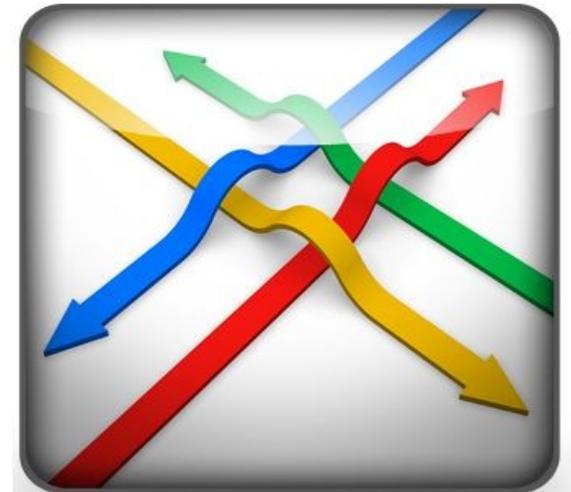


Balance4Life Programs Pty Ltd

5a Hartnett Close
Mulgrave 3170
Victoria, Australia

Phone: 03 8562 2236
Mob: 0412 655 742
E-mail: meg@megphillips.com.au

**AT A
CROSSROADS
IN YOUR LIFE?**



***Start a new & exciting journey
with Crossroads Coaching***

03 8562 2236

Stressed?



It's not easy being a Baby Boomer woman whilst trying to meet the demands of work as well as juggling adult children or aging parents, just at the time when you are going

through some difficult life issues.

You might be climbing the promotion ladder or getting ready to either re-enter or leave the workforce. You might be good at what you do, but where's the recognition?

You might be facing decisions about your children, your marriage, your parents, your pets.....It's hard to get clarity about life decisions when you are stressed and it can seem quite overwhelming.

So who do you talk to?

Family, Friends, colleagues? Strangers?

A coach will listen, ask you lots of questions and guide you to setting achievable goals.

You may choose the path less travelled, but you can relax knowing that you have a guide with you that will enable you to move to a place where you're with like minded people, feeling like you are making a worthwhile contribution and growing.....

Living an authentic life.

Professional Crossroads

What's your biggest problem at work?

Perhaps you climbed the promotional ladder only to find it was up against the wrong wall.

You might be wanting to make enough money to quit your day job and do what you dreamed about all those years ago.

Or there might be a colleague whose behaviour is causing you some angst.

Knowing what you really want will become clear after just a few sessions and may be quite different to what you initially thought.

Having a coach will help you tap into your "super powers" and create a new and positive mindset.

You need to be honest with yourself and become curious about the possibilities that await you.

Change your mind and change your life!



Personal Crossroads

Change is inevitable. Sometimes painful.

Sometimes stressful and often challenging.

Whether your stress is around children, personal relationships, parents or pets, it can seem overwhelming at times.

What is that secret thing that you really would love to do?

Imagine if you could wave a magic wand, get what you really want and solve all your problems at the same time.

Are you afraid of what might be if you took those first small steps to making changes? You shape your own reality and your coach can guide you to achieving realistic goals and finding great solutions to your problems.

Effectively managing how you respond to stress will mean that you are less likely to suffer from chronic and often debilitating health issues.

Meg Phillips
Clinical Hypnotherapist & Coach

5a Hartnett Close
Mulgrave 3170
Victoria. Australia

Phone: 03 8562 2236
Mob: 0412 655 742
E-mail: meg@megphillips.com.au