



Aqua Coaching & Resources Finding Confidence, Gaining Clarity, Creating Change

HOW DO I MAKE THE RIGHT DECISIONS?

Louise Ferguson - the Founder of Aqua Coaching & Resources assists clients in finding confidence, gaining clarity and creating change.

Clients come to her with changes they wish to create in their lives however lack the confidence for fear of failure. Often, it's even about knowing '*something*' has to change, but not knowing what it is, or how.

Our thought processes are that we have been taught to - "*be careful, you might make a wrong decision*". That in itself is enough to keep us '*stuck*' and whether it be a decision of money, friends, lovers or career – not knowing what to do, holds us back from making one at all!

The more time goes on, the more we procrastinate. Procrastination leads to further feelings of self-doubt and can lead to poor self-esteem which can and does at times, spiral out of control.

Finding out what your core beliefs and values are, enables you to plan the steps ahead and provides you with the tools to build your own knowledge for what you ultimately want to achieve.

The reason people fear decision is because they lack certainty about whether or not they are doing the right thing and if it will bring the right results. Perhaps they then turn to others to obtain their opinion. That's fine if the advice on hand is from an expert, but most times, that is not the case.

More often than not, we turn to friends or family have all heard the common phrases of - "*be careful, ooh perhaps you should not do that just yet*" or "*my friend did that and it didn't work out...*"

An individual wishing to create a change in their career – wouldn't ask someone who has never worked, nor would you ask an individual about computers, if they have never used one – would you?

Expert advice starts within yourself and knowing your outcome – with certainty.

Learning and knowing what your core beliefs and values are, enables you to plan the steps ahead, which provides the tools to build your own knowledge for what YOU ultimately want to achieve.

That's why Aqua Coaching assists clients in helping them gain the clarity around the changes they want to make and the confidence to transform their lives or business. Achieving self-belief and true happiness is something you deserve and with the right coaching, you can *and* will achieve your goals.

Louise Ferguson is a successful life, business and executive coach and has spent her life helping others in unlocking their true potential. For a complimentary session please visit www.aquacoaching.com.au or telephone 0410 330 669.