



My Name is Natalie Creasy

My Company is NSC Lifeworks

What is coaching?

Coaching helps people recognise where they are now.

It helps them identify where they want to be and gives them strategies to get there.

Mostly it involves getting clarity about values and working out which beliefs are not serving them, then replacing them with ones that will empower them now and in the future.

Coaching provides the objectivity, skill and courage to shine the mirror back on people in a completely safe environment.

It asks people great questions that they would not otherwise ask themselves, while guiding them to the internal resources to propel them into action.

It provides compelling reasons to make a real positive change.

Surely everyone could benefit from that type of work in their lives!!

Natalie Creasy

NSC Lifeworks

Making Life Work for you!