

Life coaches does change a woman?

Spending the afternoon in a room full of life coaches is into the heart of many but, as RUTH ADDICOTT says, you may just walk away with some valuable advice

In 30 life coaches will descend on Hove Town Hall for The Life Makeover about everything from slimming and relationships to anxiety, phobias and to inspire a "whole new you in just one day".

Life coaching may have left you sick and tired of blue-sky thinking and there are plenty of top tips to be found among the mumbo-jumbo.

The coaches are experts in their field and can offer helpful guidance (neuro-linguistic programming), acupuncture, hypnotherapy, health,

anyone who wants to improve their life – and you don't have to be into (although there is a gemstone expert!).

Whether you're struggling with alcohol dependency, debt, exam stress or eating disorders, this is where experts direct and get your life back on track.

When you're set you right, there'll also be an opportunity to try out various therapies including reflexology and massage to manicures and pedicures.

Whether you're wondering how to lose weight without dieting or whether your friends could be your next door neighbour, there's a taster of what's in store.

How to avoid anxiety

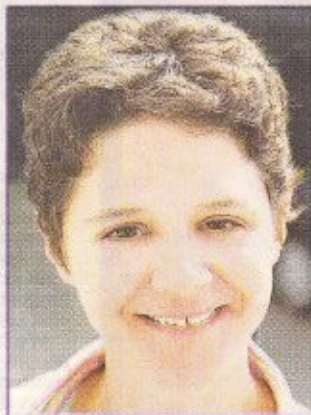
PAUL SHEPPARD
The Life Doctor, specialises in hypnotherapy, reiki, past life regression and emotrance

1. END THE WAR

your thoughts because they're not "happy thoughts" is counter-productive. Accept sometimes you have good thoughts and bad thoughts.

4. ACT THE KID

Laughing and being playful like



How to improve your spending power

SIMONNE GENESSEN
Wise Monkey
Financial Coaching

1. KNOW YOUR "MONEY MINDSET"

Explore and challenge your attitudes to money – all your beliefs, thoughts and values – which consciously or unconsciously drive your behaviour.

2. WAKE UP TO YOUR HABITS

Recognise your spending triggers and prepare a strategy for when the

urge to splurge overpowers you.

3. FACE UP TO AFFORDABILITY

Challenge all potential purchases – are they necessities or just luxuries in disguise?

4. SET COMPELLING GOALS

Focus on the benefits you'll experience by achieving your goals, rather than on what you'll be giving up.

5. TAKE ACTION

Get the results you really want.



How gemstones can help you achieve what you want

NATALIE STAFFERTON,
Silverdaze, specialises in hand-crafted jewellery

1. MAKE A GO OF YOUR BUSINESS

A deep red garnet is said to drive commitment to purpose and is associated with good luck in business

2. IMPROVE WELLBEING

A blue topaz brings health and wealth

3. BETTER RELATIONSHIPS

A beautiful translucent moonstone is connected to female energy and improves intuition

4. INTRODUCE CALM

A rich purple amethyst can provide stability and peace and also helps to relieve stress

5. DEVELOP CONFIDENCE

A gorgeous green peridot is thought to