

In your career, health,  
relationships, business...

## ...do you want something different?

→ Maybe you feel stuck in your job and have lost sight of which way to go next. Or maybe you run your own business and feel overwhelmed by your workload.

→ Perhaps you've been too busy to take care of your health and now need to make it a priority.

→ Maybe your relationships with friends, colleagues or your partner have taken a back seat and you want to find a way to strengthen them.

→ Perhaps you're at a turning point in life and need guidance as you decide which road to take.

If you're not doing the things that fire and inspire you, if you're not achieving the things you've always dreamed of, the world will be poorer for it.

### Because there will never be another you

Life coaching enables you to find – and clear – the path ahead. It's a 'sat nav' for humans. It helps you figure out what you want and what you don't want. It reveals what really drives you.

And when you align what you want with the passion inside to make it happen, you become an unstoppable force to achieve your goals and touch the dreams you thought were out of reach.

Your future is closer than you think. And it starts now, in this moment!

“The more you are,  
the more you become  
and the more you can  
yet be...”

NEIL DONALD WALSH, WRITER

“Everybody wants to get somewhere in life. For that, Ben is a guide – an operations manager for me as an individual – helping me put together tasks, deadlines and systems for greater focus on the direction that will produce what I want.”

KEVIN DIXON, MODEL AND STUNTMAN

“I found Ben to be a leader. His style gave me the ability to reflect and be challenged, but most importantly to grow. He's a great coach – fun to work with and be around.”

IAN HENRY, SMALL BUSINESS OWNER

What do  
you want for  
your life?

## Make it real ...right now

Call Ben Jobson now  
on 0845 2240 140  
to arrange your  
FREE 30-minute,  
no-obligation  
introductory session



tel 0845 2240 140  
email ben@allisone.com

www.allisone.com



Start living your  
grandest vision today

Life Coaching and Personal Development

Are you at ease  
with who you are?

## Are you happy doing what you do?

You are where you are because of the thoughts you've thought and the actions you have or haven't taken. How you describe yourself, your life and the world around you is how things are for you.

But if you want things to change, and you keep playing the same tune, what will you deny yourself in the future?

**With support, guidance and encouragement, coaching enables you to make those changes. It empowers you to shake off the 'mask' that has protected you until now.**

### You can enjoy greater:

- balance in your life, work and relationships
- confidence and clarity
- capacity to contribute
- self-image and self-esteem
- effectiveness and influence
- congruence in your decisions
- zest for life

Ben has the ability to see the little steps it takes to get from old life habits into the life I've dreamed of.

TANIA SPENCER, CHILDREN'S MINISTRY DIRECTOR

### Will you believe... in yourself?

Coaching empowers you to draw on what you already know and on what's already inside. It shows you how to step forward intuitively, yet sure-footed, into the life you want. You choose the focus, the actions and the deadlines. You make it happen. If your coach does all that for you, you won't grow or find your own courage.

And when you create the change yourself, you emerge centred and happy – and able to maintain the momentum yourself, too.

It makes sense, doesn't it?

## It doesn't matter what's past You can change your personal history and make it different from today...

Life coaching gives you a way to create a future based on hope, not fear, a future that reflects success and abundance, not denial. What will life coaching mean for you?

### Why do I need it?

Ask yourself... What made you say 'yes' to the things that brought your life to this point? What will it cost your life if you don't create the change you need?

### How do I know if it's working?

You start taking the actions we've agreed to create positive change. You may feel uneasy about that initially, and so, together, we consider the steps that will consistently bring you closer to your goals. You'll relish the renewed confidence you have in yourself – and the respect you gain from others.

### How do we get started?

- We look at where you are now and what's important to you.
- Then we set out your goals and discuss options for achieving them.
- At the same time we schedule deadlines for the outcomes you want.

It means you have an action plan and an end point.

### Guarantee – for your peace of mind

Your investment is guaranteed. In the unlikely event that, after taking the agreed actions, you feel you haven't progressed towards your goals, your investment in your first course of sessions is fully refundable at any point up until your last session.

## Ben Jobson has a 100% success rate with his clients He has one aim: To make a difference quickly for you

- He works with a small number of clients who are 100% committed to achieving positive change.
- When you accept life coaching from Ben, he steps into your world and, through his depth of insight, he guides you, whilst allowing you to be uniquely you.
- Ben has 17 years' experience enabling and inspiring individuals and teams to achieve their goals. He trained in life coaching with the world-renowned coach and author, Curly Martin, and knows which ways will bring results for you as an individual.
- Ben uses his knowledge, skills, expertise and unique intuitive listening style to help you shift your thinking, raise the bar, embrace challenge and break limiting patterns of behaviour and response. He gets to the root of the real problem by focusing on the outcome you want.
- Ben Jobson is a member of the European Coaching Institute and is registered on the International Register of Professional Coaches.

**Call Ben today on  
0845 2240 140  
to arrange your  
FREE 30-minute,  
no-obligation  
introductory  
session**

I listen. I question. And I help you explore and discover for yourself. My coaching helps you reclaim time and focus, and release a powerful new energy from within – for life.

BEN JOBSON, LIFE COACH, ALL IS ONE